

Pillsbury Classic™
Cookbook #73
FO 6770

Pillsbury

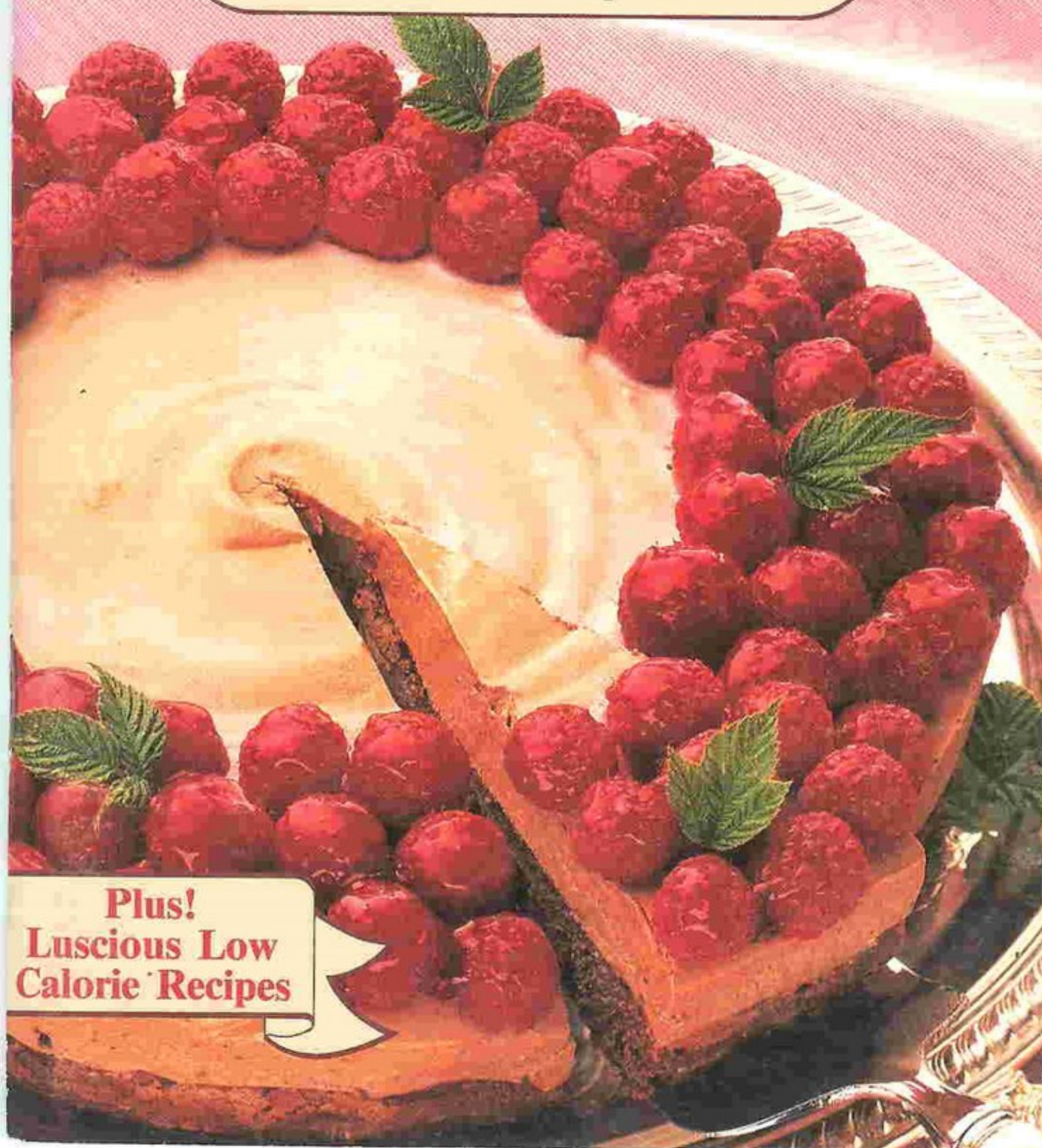
\$2.25



Show Off

DESSERTS

Sensational And Simple To Make



Plus!
Luscious Low
Calorie Recipes

With an incredible extravagance of desserts this Pillsbury Classic™ Cookbook, *Show Off Desserts*, offers each and every cook or chef an opportunity to prepare eye-catching fantasies with ease and success.

No exceptional culinary skills are required to elicit applause and rewards from your efforts with this intriguing array of desserts. Each recipe has been tested to ensure perfect results, none are difficult nor require special pans, some are quick to make while some will require a bit more time to achieve the grand finale. All are sensational!

Our recipes have outstanding appeal for different occasions and different reasons. Irresistible creamy cheesecakes and refreshingly colorful ices and bombes are perfect make-ahead choices. Flaky pies and tarts with bright fruits and mouth-watering flavors are easy to make and showy to serve. For quick beauties, sauces and toppings are lively and flavorful. And desserts on the lighter side sparkle throughout the chapters.

Indeed, this collection of *Show Off Desserts* offers memorable recipes for confectionary delights to be made and enjoyed to the last tasty morsel!



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Front Cover Photo—*Frozen Chocolate Mousse Cake* p. 58

Back Cover Photo—clockwise from left: *Austrian Torte Cookies* p. 33, *Fresh Fruit In Rum Zabaglione* p. 66, *Fresh Orange Cheesecake* p. 26, *Russian Cream* p. 64.

Contents

Cakes
 page 2

Cheesecakes
 page 18

Cookies, Bars & Confections
 page 28

Pies & Pastries
 page 38

Sauces
 page 48

Frozen Desserts
 page 54

Souffles, Mousses,
 Custards & Flans
 page 62

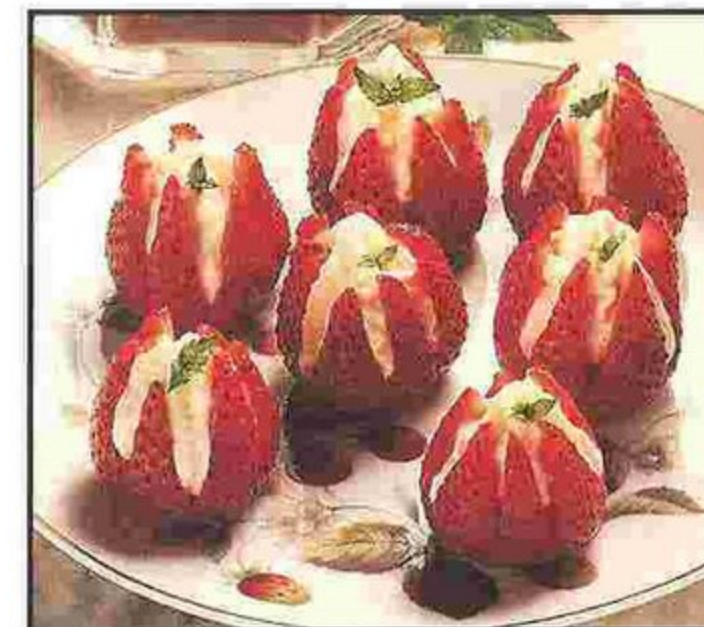
Tarts
 page 70

Tortes
 page 82

Index
 page 91



Denotes a Lite and Luscious Recipe
 —Under 200 calories a serving.





C

akes

Deliciously delicate cakes, all fancy, but oh so simple to make. Scene stealers in all types, shapes and sizes with eye-catching garnishes to add sparkle. All kitchen-tested, success is a snap.

Chocolate Celebration Cake

Children and adults alike will enjoy receiving this special "package" to celebrate a birthday, promotion, new home or other eventful occasion!

- 1/2 cup cocoa
- 1/2 cup boiling water
- 1/2 cup margarine or butter, softened
- 2 cups sugar
- 2 eggs
- 1 teaspoon vanilla
- 2 cups Pillsbury's BEST® All Purpose or Unbleached Flour
- 1 1/2 teaspoons baking soda
- 1/4 teaspoon salt
- 1 1/4 cups buttermilk
- Almond Bark Buttercream (see Index)
- Chocolate Ribbons and Bows (see below)

Heat oven to 350°F. Generously grease and flour 13x9-inch pan. Combine cocoa and boiling water; set aside. In large bowl, beat margarine and sugar until light and fluffy. Add eggs and vanilla; beat well. Stir in cocoa

mixture. Lightly spoon flour into measuring cup; level off. Combine flour, soda and salt. Alternately add flour mixture and buttermilk to sugar mixture, beating well after each addition. Pour into prepared pan.

Bake at 350°F. for 30 to 40 minutes or until cake springs back when touched lightly in center. Cool 15 minutes; remove from pan. Cool completely. Place on tray or foil-covered heavy cardboard. Frost with Almond Bark Buttercream. Decorate with Chocolate Ribbons and Bows. 16 servings.

HIGH ALTITUDE - Above 3500 Feet: Decrease sugar to 1 1/2 cups and baking soda to 1 teaspoon. Bake at 375°F. for 25 to 35 minutes.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:	1/16 of recipe (including frosting)	PERCENT U.S. RDA PER SERVING	
CALORIES	630	PROTEIN	8%
PROTEIN	5 g	VITAMIN A	20%
CARBOHYDRATE	64 g	VITAMIN C	*
FAT	40 g	THIAMINE	8%
SODIUM	430 mg	RIBOFLAVIN	10%
POTASSIUM	240 mg	NIACIN	6%
		CALCIUM	6%
		IRON	15%

*Contains less than 2% of the U.S. RDA of this nutrient.

Chocolate Ribbons and Bows

See photo on page 2

- 6-oz. pkg. (1 cup) semi-sweet chocolate chips
- 1/4 cup corn syrup
- Cocoa

In small saucepan, combine chocolate chips and corn syrup. Melt over low heat until mixture is smooth, stirring constantly. Refrigerate 45 to 60 minutes or until mixture is firm enough to knead. Knead mixture well, about 1 to 2 minutes. Place mixture on surface lightly covered with cocoa; roll out to 18x6-inch rectangle about 1/8-inch thick. With pastry roller or knife, cut into 3/4-inch wide strips. Use as ribbon to garnish cake; fold additional strips to form bow.

TIP: For ease in handling, roll out chocolate mixture between 2 sheets of parchment paper dusted lightly with cocoa.

Almond Bark Buttercream Frosting

- 12 oz. (6 cubes) almond bark or vanilla-flavored candy coating, cut into pieces
- 6 to 8 tablespoons clear chocolate-flavored liqueur
- 1 1/2 cups butter, softened
- 1/2 cup powdered sugar

In medium saucepan over low heat, melt almond bark, stirring constantly. Remove from heat; stir in chocolate liqueur. Cool 30 minutes.

In small bowl, cream butter and powdered sugar until light and fluffy. Gradually beat in cooled almond bark mixture until smooth. About 4 cups.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:	1/16 of recipe	PERCENT U.S. RDA PER SERVING	
CALORIES	320	PROTEIN	*
PROTEIN	1 g	VITAMIN A	10%
CARBOHYDRATE	15 g	VITAMIN C	*
FAT	29 g	THIAMINE	*
SODIUM	180 mg	RIBOFLAVIN	2%
POTASSIUM	135 mg	NIACIN	*
		CALCIUM	*
		IRON	6%

*Contains less than 2% of the U.S. RDA of this nutrient.

Strawberry Romanoff Angel Cake

Purchasing an angel food cake gives this no-bake dessert a head start. Sour cream adds a rich but not-too-sweet flavor to the filling and frosting. A beautiful garnish gives a crowning touch.

- 10-inch angel food cake
- 1 pint (2 cups) strawberry ice cream, slightly softened
- 3/4 cup dairy sour cream

FROSTING

- 1 cup whipping cream
- 1/3 cup powdered sugar
- 1/4 cup dairy sour cream
- Strawberry Blossoms, if desired (see Index)

With sharp knife, carefully slice 1 inch from top of cake; set aside. Cut around edges of cake 1 inch from outer and center edges of cake. Carefully remove center part of cake, leaving 1-inch thick base. Tear removed center portion of cake into small pieces.

In medium bowl, combine ice cream, 3/4 cup sour cream and torn cake pieces; blend well. Spoon mixture into cake cavity. Replace top of cake. Freeze for several hours.

In small bowl, whip cream until soft peaks form. Gradually add powdered sugar, beating until stiff peaks form; fold in 1/4 cup sour cream. Spread over cake. Garnish with Strawberry Blossoms. 12 servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:	1/12 of recipe	PERCENT U.S. RDA PER SERVING	
CALORIES	370	PROTEIN	10%
PROTEIN	7 g	VITAMIN A	10%
CARBOHYDRATE	48 g	VITAMIN C	20%
FAT	17 g	THIAMINE	6%
SODIUM	230 mg	RIBOFLAVIN	15%
POTASSIUM	180 mg	NIACIN	2%
		CALCIUM	8%
		IRON	4%

Apple Pecan Layer Cake

Browned butter frosting highlights this moist cake. Thin apple slices artfully arranged and brushed with Citrus Glaze (see Index) make an attractive garnish.

CAKE

- 2½ cups Pillsbury's BEST® All Purpose or Unbleached Flour
- 2 cups sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1½ cups applesauce
- ¾ cup oil
- 2 eggs
- ½ cup chopped pecans

FROSTING

- ½ cup butter (margarine not recommended)
- 4½ cups powdered sugar
- 6 to 8 tablespoons apple juice

Heat oven to 350°F. Grease and flour two 9-inch round cake pans. Lightly spoon flour into measuring cup; level off. In large bowl, combine flour, sugar, soda, baking powder, salt and cinnamon. Add applesauce, oil and eggs; blend at low speed until moistened. Beat 2 minutes at highest speed. Stir in pecans. Pour batter into prepared pans. Bake at 350°F. for 30 to 40 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely.

In small heavy saucepan over medium heat, brown butter until light golden brown, stirring constantly. Remove from heat; cool completely. In large bowl, combine browned butter, powdered sugar and 4 tablespoons of the apple juice; blend at low speed until moistened. Continue beating until well blended, adding additional apple juice until spreading consistency. Fill and frost cake. Garnish as desired. 12 servings.

HIGH ALTITUDE - Above 3500 Feet: Decrease sugar to 1¾ cups. Bake at 375°F. for 25 to 35 minutes.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/12 of recipe		PER SERVING	
CALORIES	640	PROTEIN	6%
PROTEIN	4 g	VITAMIN A	6%
CARBOHYDRATE	99 g	VITAMIN C	6%
FAT	26 g	THIAMINE	15%
SODIUM	390 mg	RIBOFLAVIN	8%
POTASSIUM	90 mg	NIACIN	6%
		CALCIUM	2%
		IRON	10%

Apricot Petits Fours

Individual little cakes for a special party or celebration. They look like they take hours to make but we've simplified them by using cake mix and decorator icing. Serving is so easy. For an additional "professional" touch, serve petits fours in paper cake cups.

CAKE

- 1 pkg. Pillsbury Plus Yellow Cake Mix
- 1 cup apricot nectar
- ⅓ cup oil
- 1 teaspoon grated orange peel
- 3 eggs

GLAZE

- ¾ cup apricot preserves

ICING

- 6 cups powdered sugar
- ¼ cup corn syrup
- 3 tablespoons margarine or butter, melted
- 1 teaspoon vanilla
- ½ to ¾ cup apricot nectar
- Pillsbury Decorator Icing

Heat oven to 350°F. Grease and flour 15x10-inch jelly roll pan. In large bowl, combine all cake ingredients at low speed until moistened; beat 2 minutes at **highest** speed. Pour batter into prepared pan. Bake at 350°F. for 18 to 22 minutes or until cake springs back when touched lightly in center.

In small saucepan, heat preserves. Press through strainer, if desired. Spread strained preserves over warm cake. Cool completely. To avoid cake crumbs, freeze cake 1 hour before cutting.

In large bowl, combine powdered sugar, corn syrup, margarine, vanilla and ¼ cup of the apricot nectar; blend at low speed until moistened. Continue beating, adding apricot nectar a tablespoon at a time until desired consistency.

Cut cake into diamond shapes by cutting diagonal lines 2 inches apart. Remove cake pieces from pan; set on wire rack over cookie sheet. Spoon icing evenly over top and sides of cake pieces. (Icing which drips off can be reused.) Allow icing to set 1 to 2 hours. Decorate with Pillsbury Decorator Icing, as desired. 24 to 30 petits fours.

HIGH ALTITUDE - Above 3500 Feet: Add 3 tablespoons flour to dry cake mix. Bake at 375°F. for 18 to 22 minutes.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/30 of recipe		PER SERVING	
CALORIES	230	PROTEIN	2%
PROTEIN	1 g	VITAMIN A	4%
CARBOHYDRATE	43 g	VITAMIN C	10%
FAT	6 g	THIAMINE	2%
SODIUM	135 mg	RIBOFLAVIN	2%
POTASSIUM	40 mg	NIACIN	2%
		CALCIUM	2%
		IRON	2%

Mocha Filigree Layer Cake

When determining the decorative design for this coffee-flavored cake you may want to plan a piece of filigree for each serving. Score the top of the cake into equal pieces and arrange chocolate filigree to fit.

CAKE

- 1 pkg. Pillsbury Plus Yellow Cake Mix
- 1 cup water
- 1/3 cup oil
- 2 tablespoons instant coffee
- 3 eggs
- 2 oz. (2 squares) semi-sweet chocolate, grated

FROSTING

- 8-oz. pkg. cream cheese, softened
- 3/4 cup powdered sugar
- 1 teaspoon instant coffee
- 1 tablespoon water
- 1/2 teaspoon vanilla
- 1 1/2 cups whipping cream, whipped
- Chocolate Filigree

Heat oven to 350°F. Grease and flour two 9-inch round cake pans. In large bowl, combine all cake ingredients except chocolate at low speed until moistened; beat 2 minutes at **highest** speed. Fold in chocolate. Pour batter into prepared pans. Bake at 350°F. for 20 to 30 minutes or until cake springs back when touched lightly in center. Cool 15 minutes; remove from pans. Cool completely.

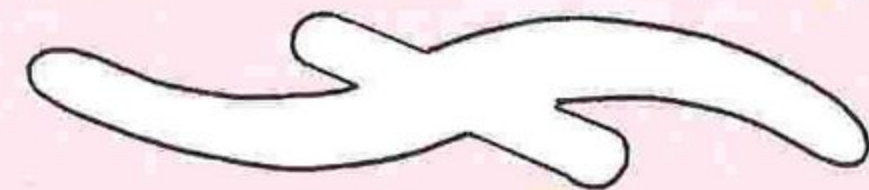
In large bowl, blend cream cheese and powdered sugar until light and fluffy. Dissolve 1 teaspoon instant coffee in 1 tablespoon water. Add coffee mixture and vanilla to cream cheese mixture; blend well. Fold in whipped cream until well blended. Fill and frost cake. Garnish with Chocolate Filigree on top and sides of cake. Refrigerate until serving time. 12 servings.

HIGH ALTITUDE - Above 3500 Feet: Add 3 tablespoons flour to dry cake mix. Bake at 375°F. for 20 to 30 minutes.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/12 of recipe		PERCENT U.S. RDA PER SERVING	
CALORIES	540	PROTEIN	8%
PROTEIN	6 g	VITAMIN A	15%
CARBOHYDRATE	49 g	VITAMIN C	*
FAT	36 g	THIAMINE	8%
SODIUM	360 mg	RIBOFLAVIN	10%
POTASSIUM	140 mg	NIACIN	6%
		CALCIUM	8%
		IRON	8%

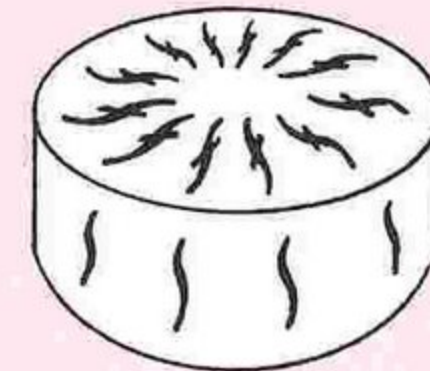
*Contains less than 2% of the U.S. RDA of this nutrient.



Design for top of cake



Design for side of cake



Finished cake

Chocolate Filigree

- 4 oz. (4 squares) semi-sweet chocolate
- 1 tablespoon shortening

Draw 1 pattern of each design on white paper. Cut twenty-four 5x3-inch rectangles of waxed paper. Set aside.

In small saucepan over low heat, melt chocolate with shortening, stirring constantly. Cool slightly. Pour chocolate mixture into small squeeze bottle or pastry bag with small writing tip. Place pattern piece on cookie sheet. Lay waxed paper square over pattern. Pipe chocolate over outline. (Chocolate lines should be about 1/4-inch wide.) Carefully slip out pattern piece. Repeat, making desired number of filigree pieces. Refrigerate 30 minutes or until ready to use. Carefully peel off waxed paper; place on cake. 24 filigree pieces.

Chocolate Mousse Cake Supreme →

This cake is truly a masterpiece, especially when garnished with Giant Chocolate Curls. To serve, remove a chocolate curl to a dessert plate and add a slice of cake. Impressive to serve at the table.

CAKE

- 1 pkg. Pillsbury Plus Devil's Food Cake Mix
- 1 cup dairy sour cream
- $\frac{3}{4}$ cup water
- $\frac{1}{3}$ cup oil
- 3 eggs

FILLING

- 1 teaspoon unflavored gelatin
- 2 tablespoons water
- 1 cup whipping cream
- $\frac{1}{3}$ cup chocolate flavored syrup

GLAZE

- 6-oz. pkg. (1 cup) semi-sweet chocolate chips
- 6 tablespoons butter or margarine
- Giant Chocolate Curls (see below)

Heat oven to 350°F. Grease and flour three 9-inch round cake pans. In large bowl, combine all cake ingredients at low speed until moistened. Beat 2 minutes at **highest** speed. Pour into prepared pans. Bake at 350°F. for 20 to 25 minutes or until toothpick inserted in center comes out clean.

Cool 15 minutes; remove from pans. Cool completely.

In small saucepan, soften gelatin in cold water. Stir over low heat until dissolved; set aside. In small bowl, beat whipping cream at highest speed just until it begins to thicken. Gradually add chocolate syrup and gelatin; continue beating until soft peaks form.

In small saucepan, heat chocolate chips and butter over low heat, stirring constantly until chocolate is melted. Refrigerate about 30 minutes or until slightly thickened, stirring occasionally.

To assemble cake, place 1 layer on serving plate. Spread with half of filling; top with second cake layer. Spread with remaining filling; top with remaining cake layer. Spread glaze over top and sides of cake. Garnish with 12 Giant Chocolate Curls. Store in refrigerator. 12 servings.

HIGH ALTITUDE - Above 3500 Feet: Add 4 tablespoons flour to dry cake mix. Bake at 375°F. for 30 to 40 minutes.

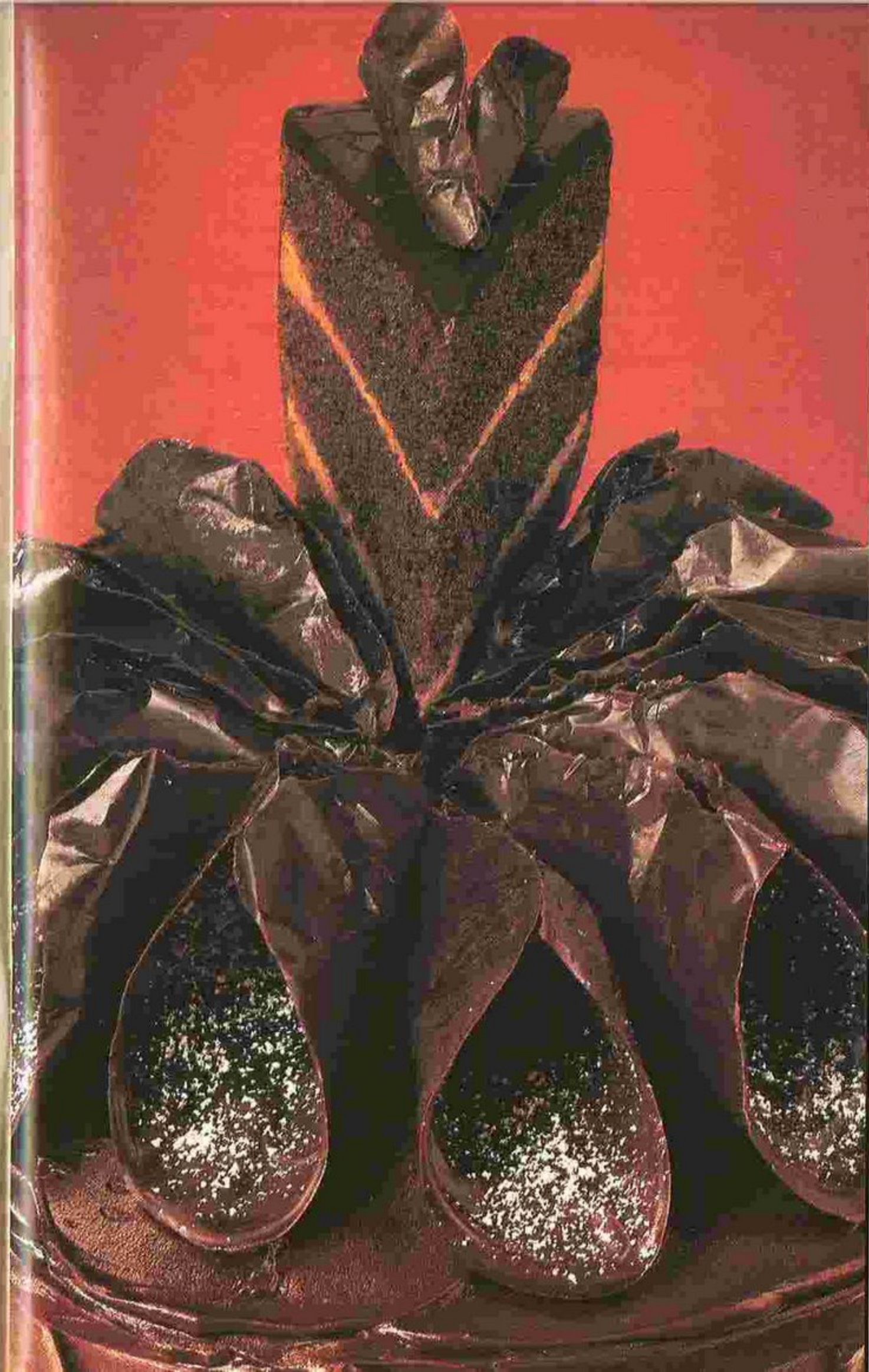
NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA	
1/12 of recipe		PER SERVING	
CALORIES	550	PROTEIN	8%
PROTEIN	6 g	VITAMIN A	15%
CARBOHYDRATE	49 g	VITAMIN C	*
FAT	37 g	THIAMINE	8%
SODIUM	450 mg	RIBOFLAVIN	10%
POTASSIUM	220 mg	NIACIN	4%
		CALCIUM	15%
		IRON	10%

*Contains less than 2% of the U.S. RDA of this nutrient.

Giant Chocolate Curls

Cut twelve 4½-inch squares of heavy aluminum foil. Melt 4 oz. (4 squares) semi-sweet chocolate with 2 teaspoons shortening. Using back of teaspoon, spread a layer of chocolate over foil to within 1 inch of each edge. Refrigerate 3 to 4 minutes or until chocolate is just set but not hard and brittle. If desired, sprinkle lightly with powdered sugar. Bring 2 edges of foil together to form a cone shape, crimping edges together. (Do not overlap chocolate.) Refrigerate about 30 minutes or until firm. Working with one at a time, carefully remove foil; keep remaining curls refrigerated. Use to garnish cake.



Cookies 'N' Cream Cake

When making this moist, fun-to-eat cake you will find the sandwich cookies are easy to crush when placed in a plastic bag.

CAKE

- 1 pkg. Pillsbury Plus White Cake Mix
- 1 1/4 cups water
- 1/3 cup oil
- 3 egg whites
- 1 cup coarsely crushed creme-filled chocolate sandwich cookies

FROSTING

- 3 cups powdered sugar
- 3/4 cup shortening
- 1 teaspoon vanilla
- 2 egg whites

Heat oven to 350°F. Grease and flour two 9 or 8-inch round cake pans. In large bowl, combine all cake ingredients except crushed cookies at low speed until moistened; beat 2 minutes at **highest** speed. Gently stir in crushed cookies. Pour batter into prepared pans. Bake at 350°F. for 25 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely.

In small bowl, combine 1/2 cup of the powdered sugar, shortening, vanilla and 2 egg whites; blend well. Beat in remaining powdered sugar until frosting is smooth and creamy. Fill and frost cake. Garnish with additional creme-filled chocolate sandwich cookies, cut in half, if desired. 12 servings.

HIGH ALTITUDE - Above 3500 Feet: Add 3 tablespoons flour to dry cake mix. Increase water to 1 1/3 cups. Bake at 375°F. for 20 to 30 minutes.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/12 of recipe		PER SERVING	
CALORIES	490	PROTEIN	6%
PROTEIN	4 g	VITAMIN A	•
CARBOHYDRATE	63 g	VITAMIN C	•
FAT	25 g	THIAMINE	6%
SODIUM	330 mg	RIBOFLAVIN	2%
POTASSIUM	45 mg	NIACIN	4%
		CALCIUM	4%
		IRON	4%

*Contains less than 2% of the U.S. RDA of this nutrient.

Orange Crunch Cake

The delicate orange flavor and pecan crunch layer suggest a southern influence.

CRUNCH LAYER

- 1 cup graham cracker crumbs
- 1/2 cup firmly packed brown sugar
- 1/2 cup chopped pecans
- 1/2 cup margarine or butter, melted

CAKE

- 1 pkg. Pillsbury Plus Yellow Cake Mix
- 1/2 cup water
- 1/2 cup orange juice
- 1/3 cup oil
- 3 eggs
- 2 tablespoons grated orange peel

FROSTING

- 1 can Pillsbury Ready To Spread Vanilla Frosting Supreme
- 1 cup frozen whipped topping, thawed
- 3 tablespoons grated orange peel
- 1 teaspoon grated lemon peel
- 1 1-oz. can mandarin oranges, drained, or 1 orange, sectioned, drained
- Mint leaves, if desired

Heat oven to 350°F. Grease and flour two 9 or 8-inch round cake pans. In small bowl, combine crunch layer ingredients until crumbly. Press half of crunch mixture into each prepared pan.

In large bowl, blend cake ingredients at low speed until moistened; beat 2 minutes at **highest** speed. Pour batter evenly over crunch layer. Bake at 350°F. for 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely.

In small bowl, beat frosting until fluffy; add whipped topping and continue beating until light and fluffy. Fold in grated orange and lemon peel. Place 1 layer crunch side up on serving plate; spread with 1/4 of frosting. Top with remaining layer, crunch side up. Spread top and sides with remaining frosting. Arrange orange sections on top. Garnish with mint leaves. Store in refrigerator. 16 servings.

HIGH ALTITUDE - Above 3500 Feet: Add 5 tablespoons flour to dry cake mix. Bake at 375°F. for 30 to 35 minutes.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/16 of recipe		PER SERVING	
CALORIES	460	PROTEIN	4%
PROTEIN	3 g	VITAMIN A	8%
CARBOHYDRATE	59 g	VITAMIN C	10%
FAT	24 g	THIAMINE	10%
SODIUM	380 mg	RIBOFLAVIN	8%
POTASSIUM	130 mg	NIACIN	4%
		CALCIUM	4%
		IRON	6%

Black Forest Cake

We've streamlined this elegant European dessert.

CAKE

- 1 pkg. Pillsbury Plus Dark Chocolate Cake Mix
- 1 1/4 cups water
- 1/2 cup oil
- 3 eggs

FILLING

- 21-oz. can cherry fruit pie filling
- 1/2 teaspoon almond extract

FROSTING

- 1 pint (2 cups) whipping cream
- 1/2 cup powdered sugar
- 2 to 3 tablespoons brandy
- Chocolate Curls (see Index)

Heat oven to 350°F. Grease and flour two 8 or 9-inch round cake pans. In large bowl, combine all cake ingredients at low speed until moistened; beat 2 minutes at **highest** speed. Pour into prepared pans. Bake at 350°F. for 25 to 35 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes; remove from pans. Cool completely.

In small bowl, combine pie filling and almond extract. In medium bowl, beat whipping cream at highest speed until slightly thickened. Gradually add powdered sugar; continue beating until stiff peaks form. Fold in brandy.

Place 1 cake layer on serving plate; spread 1 cup filling to within 1 inch of edge. Top with second cake layer. Frost top and sides with sweetened whipped cream. Spoon remaining filling in center of top of cake; garnish with Chocolate Curls. Refrigerate until serving time. 12 servings.

HIGH ALTITUDE - Above 3500 Feet: Add 4 tablespoons flour to dry cake mix. Bake at 375°F. for 30 to 40 minutes.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/12 of recipe		PER SERVING	
CALORIES	570	PROTEIN	6%
PROTEIN	5 g	VITAMIN A	15%
CARBOHYDRATE	65 g	VITAMIN C	2%
FAT	33 g	THIAMINE	8%
SODIUM	400 mg	RIBOFLAVIN	10%
POTASSIUM	180 mg	NIACIN	4%
		CALCIUM	15%
		IRON	10%

Banana Rum Raisin Roll

Cake rolls are always something special. This one has an extra bonus: only 140 calories per serving!

CAKE

- 3 eggs, room temperature, separated
- 1/3 cup sugar
- 1 tablespoon rum
- 1/2 cup Pillsbury's BEST® All Purpose or Unbleached Flour
- 1/2 teaspoon baking powder

FILLING

- 4-oz. container frozen whipped topping, thawed
- 2 tablespoons rum
- 1/2 cup raisins
- 2 ripe medium bananas, sliced

Heat oven to 325°F. Grease 13x9-inch pan; line with waxed paper. In small bowl, beat egg whites until foamy. Gradually beat in sugar at highest speed until stiff peaks form. In another small bowl, beat egg yolks until lemon colored, about 5 minutes. Add 1 tablespoon rum; continue beating until thickened.

Lightly spoon flour into measuring cup; level off. Sift flour and baking powder over beaten egg whites; gently fold to combine. Gradually stir in egg yolks until well blended. Spread batter evenly in prepared pan.

Bake at 325°F. for 10 to 15 minutes or until top springs back when lightly touched. **DO NOT OVERBAKE.** Loosen edges; immediately invert cake onto towel lightly dusted with powdered sugar. Remove waxed paper. Starting with shorter end, roll up hot cake in towel; place on wire rack. Cool completely.

To assemble cake roll, carefully unroll cake; remove towel. In small bowl, combine all filling ingredients. Spread evenly with 3/4 of the filling. Cover and refrigerate remaining filling. Roll cake up again (cake may crack slightly). Place seam side down on serving plate. Cover and refrigerate until serving time. To serve, cut into 3/4-inch thick slices; garnish with reserved filling. 12 servings.

HIGH ALTITUDE - Above 3500 Feet: No change.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/12 of recipe		PER SERVING	
CALORIES	140	PROTEIN	4%
PROTEIN	2 g	VITAMIN A	*
CARBOHYDRATE	21 g	VITAMIN C	2%
FAT	4 g	THIAMINE	4%
SODIUM	30 mg	RIBOFLAVIN	4%
POTASSIUM	150 mg	NIACIN	2%
		CALCIUM	*
		IRON	4%

*Contains less than 2% of the U.S. RDA of this nutrient.



★ Stained Glass Window Cake

A pastry bag and decorating tip are used to complete this beautiful cake. The cake and filling are simplified by using cake and pudding mixes.

1 pkg. Pillsbury Plus White Cake Mix

FILLINGS

3-oz. pkg. lemon pudding and pie filling mix (not instant)

½ cup sugar

1¾ cups water

3 egg yolks, beaten

¾ cup raspberry preserves

FROSTING

½ cup margarine or butter, softened

3-oz. pkg. cream cheese, softened

3 cups powdered sugar

¼ teaspoon vanilla

2 to 4 teaspoons milk

Heat oven to 350°F. Grease and flour two 9-inch round cake pans. Prepare cake mix according to package directions. Pour batter into prepared pans. Bake at 350°F. for 20 to 30 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes; remove from pans. Cool completely.

In medium saucepan, combine pudding mix and sugar. Stir in water and egg yolks; blend well. Cook over medium heat until mixture comes to a boil, stirring constantly. Cool.

To assemble cake, slice each cake layer in half horizontally. Remove top half from each layer. Spread ⅓ pudding mixture on bottom half of each layer. Replace top of each layer. Place 1 filled layer top side down on serving plate. Spread with ½ cup of the preserves. Top with second filled layer, top side up. Spread remaining pudding mixture over top of cake to within ½ inch of edge.

In small bowl, blend margarine and cream cheese. Add powdered sugar and vanilla; beat until smooth. Add enough milk for desired frosting consistency. Reserve 1 cup for decorating. Frost sides of cake.

Spoon reserved frosting into pastry bag with desired decorating tip. Pipe diagonal parallel lines 1 inch apart over top of cake. In the opposite direction pipe additional diagonal parallel lines 1 inch apart to form a diamond lattice design. If desired, pipe border around top and bottom edge of cake.

In small saucepan, slightly warm the remaining preserves. With small spoon, spoon preserves inside alternate rows of diamonds. Refrigerate until serving time. 12 servings.

HIGH ALTITUDE - Above 3500 Feet: Add 3 tablespoons flour to dry cake mix and increase water to 1½ cups. Bake at 375°F. for 25 to 35 minutes.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA	
1/12 of recipe		PER SERVING	
CALORIES	510	PROTEIN	4%
PROTEIN	4 g	VITAMIN A	10%
CARBOHYDRATE	88 g	VITAMIN C	*
FAT	16 g	THIAMINE	6%
SODIUM	430 mg	RIBOFLAVIN	2%
POTASSIUM	65 mg	NIACIN	4%
		CALCIUM	6%
		IRON	8%

*Contains less than 2% of the U.S. RDA of this nutrient.



C

heesecakes

Rich, indulgent cheesecakes, both mouth-watering and memorable. They are fruit-topped and devastatingly flavored. Perfect desserts to make-ahead—all creamy and irresistible, including a tasty low calorie beauty.

* Fruit Jewel Cheesecake

This creamy rich cheesecake crowned with glazed fruit makes a spectacular dessert.

CRUST

- 1 1/2 cups graham cracker crumbs
- 1/4 cup margarine or butter, melted

FILLING

- 3 (8-oz.) pkg. cream cheese, softened
- 1 cup sugar
- 4 eggs
- 1 1/2 cups dairy sour cream
- 2 teaspoons grated lemon peel

TOPPING

- 1 pint strawberries, sliced
- 2 cups fresh or canned pineapple chunks, well drained
- 1 cup blueberries
- Citrus Glaze

Heat oven to 350°F. In medium bowl, combine crust ingredients; press in bottom of 10-inch springform pan. In large bowl, combine cream cheese and sugar; beat until light and fluffy. Add eggs one at a time, beating well after each addition. Add sour cream and lemon peel; blend well. Pour into prepared crust. Bake at 350°F. for 50 to 60 minutes or until center is set. (To minimize cracking, place shallow pan half full of hot water on lower oven rack during baking.) Cool. Refrigerate for several hours or overnight. Shortly before serving, carefully remove sides of pan; arrange fruit over cheesecake. Spoon or brush Citrus Glaze over fruit. 16 servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/16 of recipe		PER SERVING	
CALORIES	360	PROTEIN	10%
PROTEIN	6 g	VITAMIN A	20%
CARBOHYDRATE	28 g	VITAMIN C	25%
FAT	25 g	THIAMINE	4%
SODIUM	240 mg	RIBOFLAVIN	10%
POTASSIUM	210 mg	NIACIN	2%
		CALCIUM	8%
		IRON	6%

Citrus Glaze

- 1 tablespoon sugar
- 2 teaspoons cornstarch
- 1/2 cup orange juice
- 1/4 cup water
- 1 tablespoon lemon juice
- 1/4 teaspoon fresh grated lemon peel

In small saucepan, combine sugar and cornstarch. Gradually add orange juice and water. Bring to a boil over medium heat, stirring constantly. Stir in lemon juice and lemon peel. Cool. 3/4 cup.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1 tablespoon		PER SERVING	
CALORIES	10	PROTEIN	*
PROTEIN	0 g	VITAMIN A	*
CARBOHYDRATE	3 g	VITAMIN C	6%
FAT	0 g	THIAMINE	*
SODIUM	0 mg	RIBOFLAVIN	*
POTASSIUM	20 mg	NIACIN	*
		CALCIUM	*
		IRON	*

*Contains less than 2% of the U.S. RDA of this nutrient.

Glazed Almond Amaretto Cheesecake

This cheesecake was a favorite among our taste testers. A topping of glazed almonds adds a touch of uniqueness to this dessert.

TOPPING

- 1/2 cup sugar
- 1/4 cup water
- 1 cup sliced almonds
- 1 teaspoon amaretto

CRUST

- 2 cups graham cracker crumbs
- 1/4 cup chopped almonds
- 1/3 cup margarine or butter, melted

FILLING

- 2 (8-oz.) pkg. cream cheese, softened
- 1 cup sugar
- 3 eggs
- 1 cup sour cream
- 1/2 cup whipping cream
- 1/4 cup amaretto
- 1/2 teaspoon almond extract

In small saucepan, combine sugar and water. Bring to a boil and boil for 2 minutes. Remove from heat; stir in sliced almonds and 1 teaspoon amaretto. With slotted spoon, remove almonds to waxed paper; separate with fork. Cool.

Heat oven to 350°F. In medium bowl, combine crust ingredients; press in bottom and 1 1/2 inches up sides of 10-inch springform pan. In large bowl, combine cream cheese and sugar; beat until light and fluffy. Add eggs one at a time, beating well after each addition. Add sour cream, whipping cream, 1/4 cup amaretto and almond extract; blend well. Pour into prepared crust.

Bake at 350°F. for 60 to 75 minutes or until center is set. (To minimize cracking, place shallow pan half full of hot water on lower oven rack during baking.) Arrange prepared almonds in a 2 inch wide circle around outer edge of cheesecake during last 15 minutes of baking. Carefully remove sides of pan; cool. Refrigerate several hours or overnight before serving. 16 servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/16 of recipe		PER SERVING	
CALORIES	390	PROTEIN	10%
PROTEIN	6 g	VITAMIN A	15%
CARBOHYDRATE	33 g	VITAMIN C	*
FAT	26 g	THIAMINE	2%
SODIUM	220 mg	RIBOFLAVIN	15%
POTASSIUM	180 mg	NIACIN	2%
		CALCIUM	8%
		IRON	6%

*Contains less than 2% of the U.S. RDA of this nutrient.

Chocolate Chip → Cheesecake

Miniature chocolate chips highlight a creamy, chocolate-crust ed cheesecake. Drizzle the chocolate glaze in a decorative pattern for a finishing touch.

CRUST

- 2 cups crushed creme-filled chocolate sandwich cookies
- 2 tablespoons margarine or butter, melted

FILLING

- 3 eggs
- 2 (8-oz.) pkg. cream cheese, softened
- $\frac{3}{4}$ cup sugar
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup whipping cream
- 1 cup miniature chocolate chips

GLAZE

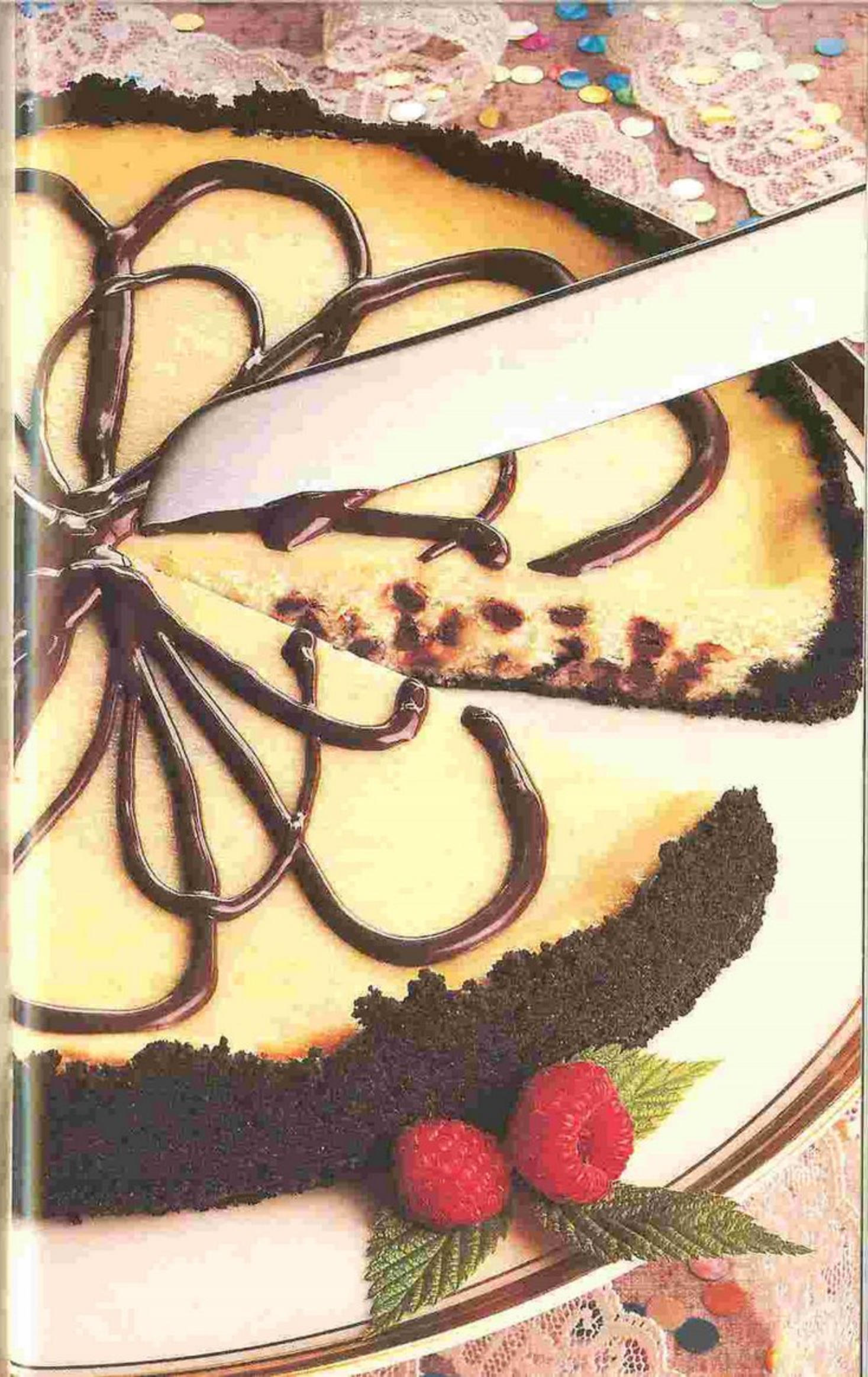
- $\frac{1}{4}$ cup miniature chocolate chips
- 1 teaspoon shortening

Heat oven to 325°F. In medium bowl, combine crust ingredients; press in bottom and 1 inch up sides of 10-inch springform pan. In large bowl, beat eggs. Add cream cheese, sugar and vanilla; beat until smooth. Add whipping cream; blend well. Stir in 1 cup chocolate chips. Pour into prepared crust. Bake at 325°F. for 60 to 75 minutes or until center is set. (To minimize cracking, place shallow pan half full of hot water on lower oven rack during baking.) Cool.

In small saucepan over low heat, melt $\frac{1}{4}$ cup chocolate chips with shortening, stirring constantly. Drizzle over cooled cheesecake. Refrigerate several hours or overnight. Before serving, carefully remove sides of pan. 12 servings.

NUTRITION INFORMATION PER SERVING	
SERVING SIZE:	PERCENT U.S. RDA
1/12 of recipe	PER SERVING
CALORIES 440	PROTEIN 10%
PROTEIN 6 g	VITAMIN A 15%
CARBOHYDRATE 36 g	VITAMIN C *
FAT 31 g	THIAMINE 4%
SODIUM 240 mg	RIBOFLAVIN 10%
POTASSIUM 135 mg	NIACIN 2%
	CALCIUM 4%
	IRON 8%

*Contains less than 2% of the U.S. RDA of this nutrient.



Chocolate Orange Cheesecake

Chocolate and orange are marbled for a most elegant dessert.

- $\frac{1}{3}$ cup graham cracker crumbs
- 4 (8-oz.) pkg. cream cheese, softened
- $1\frac{1}{3}$ cups sugar
- 4 eggs
- 2 tablespoons orange-flavored liqueur or orange juice
- 1 teaspoon grated orange peel
- 3 oz. (3 squares) semi-sweet chocolate, melted

Heat oven to 325°F. Lightly grease bottom and sides of 9-inch springform pan. Sprinkle graham cracker crumbs over bottom and sides of pan. In large bowl, beat cream cheese until light and fluffy. Gradually add sugar; beat well. Add eggs one at a time, beating well after each addition. Add liqueur and orange peel; beat 2 minutes at medium speed, scraping sides of bowl occasionally.

In small bowl, reserve $1\frac{1}{2}$ cups of batter. Pour remaining batter into prepared pan. Slowly blend melted chocolate into reserved batter. Drop spoonfuls of chocolate batter onto batter in pan. Using a table knife, swirl chocolate batter through light batter to marble.

Place shallow pan half full of water on lower oven rack. Place cheesecake on middle oven rack. Bake at 325°F. for 1 hour or until set. Cool in pan.

Refrigerate several hours or overnight. Before serving, carefully remove sides of pan. 16 servings.

TIP: To form heart design in top of cheesecake, spoon chocolate batter by teaspoonfuls onto batter in pan, forming 9 drops around outside and 5 drops in center; continue to spoon batter onto drops using all of chocolate batter. Starting in center of 1 outer drop, run knife through centers of outer drops; run knife through centers of inner drops, forming 2 rings of connected hearts.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/16 of recipe		PER SERVING	
CALORIES	320	PROTEIN	8%
PROTEIN	6 g	VITAMIN A	20%
CARBOHYDRATE	24 g	VITAMIN C	*
FAT	23 g	THIAMINE	*
SODIUM	200 mg	RIBOFLAVIN	10%
POTASSIUM	110 mg	NIACIN	*
		CALCIUM	4%
		IRON	6%

*Contains less than 2% of the U.S. RDA of this nutrient.

Grasshopper Cheesecake

This layered cheesecake captures the flavors of a popular after-dinner drink. If clear creme de menthe is used or a more intense green color is desired, add a few drops of green food coloring.

CRUST

- 8 $\frac{1}{2}$ -oz. pkg. chocolate cookie wafers, crushed ($1\frac{3}{4}$ cups)
- $\frac{1}{4}$ cup margarine or butter, melted

FILLING

- 4 eggs
- 3 (8-oz.) pkg. cream cheese, softened
- 1 cup sugar
- 2 cups dairy sour cream
- 3 oz. (3 squares) semi-sweet chocolate, melted
- $\frac{1}{4}$ cup creme de cocoa
- $\frac{1}{4}$ cup green creme de menthe

TOPPING

- 3 oz. (3 squares) semi-sweet chocolate, melted
- $\frac{1}{2}$ cup dairy sour cream

Heat oven to 325°F. In medium bowl, combine crust ingredients; press in bottom and 2 inches up sides of 10-inch springform pan. In large bowl, beat eggs. Add cream cheese and sugar; beat until smooth. Add 2 cups sour cream; blend well. Divide mixture in half. Stir 3 oz. melted chocolate and creme de cocoa into one half of mixture; pour into prepared crust. Stir creme de menthe into remaining mixture. Carefully spoon over chocolate mixture.

Bake at 325°F. for 65 to 80 minutes or until center is set. (To minimize cracking, place shallow pan half full of hot water on lower oven rack during baking.) Cool.

In small bowl, combine 3 oz. melted chocolate and $\frac{1}{2}$ cup sour cream. Spread over top of cooled cheesecake. Make spiral design with frosting comb or a fork, if desired. Refrigerate several hours or overnight. Before serving, carefully remove sides of pan. 16 servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/16 of recipe		PER SERVING	
CALORIES	470	PROTEIN	10%
PROTEIN	7 g	VITAMIN A	20%
CARBOHYDRATE	34 g	VITAMIN C	*
FAT	33 g	THIAMINE	4%
SODIUM	220 mg	RIBOFLAVIN	10%
POTASSIUM	180 mg	NIACIN	2%
		CALCIUM	10%
		IRON	8%

*Contains less than 2% of the U.S. RDA of this nutrient.



Fresh Orange Cheesecake †

The fresh, light flavor of this low-calorie cheesecake will appeal to all regardless of their calorie-counting status.

CRUST

- 1 cup vanilla wafer crumbs
- 2 tablespoons margarine or butter, melted

FILLING

- 2 envelopes unflavored gelatin
- 1/3 cup sugar
- 3/4 cup orange juice
- 15-oz. carton ricotta cheese
- 16-oz. carton vanilla yogurt
- 2 tablespoons orange-flavored liqueur, if desired
- 2 medium oranges, peeled, chopped, well drained
- Additional thin orange slices, if desired

Heat oven to 375°F. In small bowl, combine crust ingredients; press in

bottom of 9 or 10-inch springform pan. Bake at 375°F. for 8 to 10 minutes. Cool.

In small saucepan, combine gelatin, sugar and orange juice; let stand 1 minute. Stir over medium heat until dissolved. In blender container or food processor bowl with metal blade, process ricotta cheese for a few seconds until smooth. Add yogurt, gelatin mixture and liqueur; blend well. Stir in chopped oranges. Pour into prepared crust. Cover; refrigerate several hours or until firm. Before serving, carefully remove sides of pan; garnish with additional orange slices. 12 servings.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA	
1/12 of recipe		PER SERVING	
CALORIES	200	PROTEIN	10%
PROTEIN	8 g	VITAMIN A	6%
CARBOHYDRATE	27 g	VITAMIN C	25%
FAT	7 g	THIAMINE	4%
SODIUM	115 mg	RIBOFLAVIN	10%
POTASSIUM	200 mg	NIACIN	*
		CALCIUM	15%
		IRON	2%

*Contains less than 2% of the U.S. RDA of this nutrient.

Mini Cheesecakes With Strawberry Sauce

Velvety rich but lower in calories...these dainty cheesecakes will fulfill any cheesecake lover's fantasy.

CHEESECAKE

- 8-oz. pkg. Neufchatel or cream cheese, softened
- 1/4 cup sugar
- Pinch nutmeg
- 1/4 teaspoon vanilla
- 2 eggs

SAUCE

- 10-oz. pkg. frozen strawberries with syrup, thawed, drained, reserving liquid
- 1 tablespoon orange-flavored liqueur or orange juice
- 2 teaspoons cornstarch
- 2 to 3 drops red food coloring, if desired

Heat oven to 325°F. Line 8 muffin cups or eight 5-oz. custard cups with paper baking cups. In small bowl, beat all cheesecake ingredients until smooth. Spoon 1/4 cup of cheesecake mixture into each prepared muffin cup. Bake at 325°F. for 15 to 22 minutes or just until set and slightly puffed. DO NOT OVERBAKE. Remove from pan; cool 5 minutes. Refrigerate at least 1 hour or until serving time. (Center may dip slightly during cooling.)

In small saucepan, combine reserved strawberry liquid, liqueur and cornstarch. Cook over medium heat until mixture boils and thickens, stirring constantly. Remove from heat; add strawberries and food coloring. Cool.

To serve, remove paper baking cups; place inverted cheesecakes in individual serving dishes. Spoon 2 tablespoons sauce over each. 8 servings.

MICROWAVE DIRECTIONS: To make sauce, in medium microwave-safe bowl, combine reserved strawberry liquid, liqueur and cornstarch. Microwave on HIGH for 2 to 2 1/2 minutes or until thickened, stirring once during cooking. Add strawberries and food coloring. Cool.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA	
1/8 of recipe		PER SERVING	
CALORIES	160	PROTEIN	6%
PROTEIN	5 g	VITAMIN A	8%
CARBOHYDRATE	18 g	VITAMIN C	20%
FAT	8 g	THIAMINE	*
SODIUM	130 mg	RIBOFLAVIN	6%
POTASSIUM	85 mg	NIACIN	*
		CALCIUM	2%
		IRON	2%

*Contains less than 2% of the U.S. RDA of this nutrient.

Citrus Twists

With sharp knife, cut orange, lemon or lime into 1/8-inch thick slices. Make cut from an outside edge to center. Twist ends in opposite directions to form twist. Use as garnish to decorate pies or cakes.

*C*ookies, Bars & Confections

Home baked delicacies and morsels to delight. Bite-sized and appealing, choose from truffles, madeleines and dainty cookies, moist and tempting bars or dazzling strawberry blossoms.



Hazelnut Truffles

These rich chocolate confections are a real indulgence and make a perfect dessert when you want just a "bite" of sweets. Even your most serious calorie-counting guests can enjoy them.

11 oz. (11 squares) semi-sweet chocolate, cut into pieces

1 oz. (1 square) unsweetened chocolate, cut into pieces

3/4 cup whipping cream
2 tablespoons butter or margarine

1 tablespoon hazelnut liqueur or coffee-flavored liqueur, if desired

2 1/2-oz. pkg. hazelnuts (filberts), finely ground (3/4 cup)

In small saucepan over low heat, melt chocolate, stirring constantly. Remove from heat. In another small saucepan, heat whipping cream and butter just to boiling. Stir cream mixture into chocolate mixture; blend well. Stir in liqueur. Refrigerate 1 1/2 to 2 hours or until mixture is easy to handle, stirring occasionally.

Roll into 3/4-inch balls using hands or small melon baller; roll in nuts. Place in candy cup papers, if desired. Store in refrigerator. 80 pieces.

TIP: Truffles can be frozen; store in plastic freezer bag.

NUTRITION INFORMATION PER SERVING	
SERVING SIZE:	PERCENT U.S. RDA
1 piece	PER SERVING
CALORIES 40	PROTEIN *
PROTEIN 0 g	VITAMIN A *
CARBOHYDRATE 2 g	VITAMIN C *
FAT 3 g	THIAMINE *
SODIUM 5 mg	RIBOFLAVIN *
POTASSIUM 25 mg	NIACIN *
	CALCIUM *
	IRON *

*Contains less than 2% of the U.S. RDA of this nutrient.

Raspberry Meringues

These low calorie treats will highlight any cookie tray. The long baking time at a low temperature keeps these meringues pink and yields a crisp, melt-in-your-mouth texture.

3 egg whites, room temperature

1/4 teaspoon cream of tartar
Dash salt

3/4 cup sugar

1/4 cup raspberry preserves

5 to 6 drops red food coloring

Heat oven to 225°F. Cover cookie sheets with brown paper. In small bowl, beat egg whites, cream of tartar and salt until soft peaks form.

Gradually add sugar, beating until very stiff peaks form, about 10 minutes. Add preserves and food coloring; beat 1 minute at highest speed. Drop meringue from teaspoon or pipe with pastry tube into 1-inch mounds onto paper-lined cookie sheets. Bake at 225°F. for 2 hours. Cool completely. Remove from paper. 36 cookies.

HIGH ALTITUDE - Above 3500 Feet:
No change.

NUTRITION INFORMATION PER SERVING	
SERVING SIZE:	PERCENT U.S. RDA
1 cookie	PER SERVING
CALORIES 25	PROTEIN *
PROTEIN 0 g	VITAMIN A *
CARBOHYDRATE 6 g	VITAMIN C *
FAT 0 g	THIAMINE *
SODIUM 10 mg	RIBOFLAVIN *
POTASSIUM 5 mg	NIACIN *
	CALCIUM *
	IRON *

*Contains less than 2% of the U.S. RDA of this nutrient.

Chocolate Madeleine Cookies

These delicious shell-shaped cookies are wonderful fresh from the oven. We recommend storing them in a tightly covered container to retain the moist cake-like texture.

4 eggs

1 cup sugar

1 teaspoon vanilla

1 cup margarine or butter, melted

1 1/4 cups Pillsbury's BEST® All Purpose or Unbleached Flour

1/2 cup cocoa

1/4 teaspoon salt

Powdered sugar

Heat oven to 400°F. Generously grease madeleine pans. In large bowl, beat eggs, sugar and vanilla until thick and lemon colored. Gradually add margarine, beating until well blended. Lightly spoon flour into measuring cup; level off. In small bowl, combine flour, cocoa and salt. Fold into egg mixture; blend well. Spoon batter into prepared pans, filling each shell 2/3 full.

Bake at 400°F. for 6 to 9 minutes or until cookies spring back when touched lightly in center. Invert pan on wire rack to remove cookies. Cool slightly. Repeat with remaining batter. Cool and generously grease pans before baking additional cookies. Sprinkle with powdered sugar, if desired. 5 dozen cookies.

HIGH ALTITUDE - Above 3500 Feet:
No change.

NUTRITION INFORMATION PER SERVING	
SERVING SIZE:	PERCENT U.S. RDA
1 cookie	PER SERVING
CALORIES 60	PROTEIN *
PROTEIN 1 g	VITAMIN A 2%
CARBOHYDRATE 6 g	VITAMIN C *
FAT 4 g	THIAMINE *
SODIUM 55 mg	RIBOFLAVIN *
POTASSIUM 15 mg	NIACIN *
	CALCIUM *
	IRON *

*Contains less than 2% of the U.S. RDA of this nutrient.

Almond Tile Cookies

Delicate European cookies so named because they resemble roof tile. For best results, measure ingredients carefully and bake only a few cookies at a time so cookies can be shaped before cooling.

1/2 cup sugar

3 tablespoons margarine or butter, softened

1/2 teaspoon vanilla

1/4 teaspoon almond extract

3 egg whites

1/3 cup Pillsbury's BEST® All Purpose or Unbleached Flour

3/4 cup sliced almonds

Heat oven to 350°F. Grease and flour cookie sheets. In small bowl, cream sugar and margarine until fluffy. Add vanilla, almond extract and egg whites; beat until well blended. Lightly spoon flour into measuring cup; level off. Stir in flour and almonds. Drop scant tablespoonfuls of batter onto prepared cookie sheets. For ease of handling, bake only 4 to 6 cookies at a time.

Bake at 350°F. for 5 to 8 minutes or until edges are light golden brown and center is just set. Immediately remove from cookie sheet. To form curved shape, drape cookies over 1 1/2-inch diameter wooden dowel, plastic wrap tube or small rolling pin. Cool; remove from dowel. 2 dozen cookies.

HIGH ALTITUDE - Above 3500 Feet: Bake at 375°F. for 5 to 8 minutes.

NUTRITION INFORMATION PER SERVING	
SERVING SIZE:	PERCENT U.S. RDA
1 cookie	PER SERVING
CALORIES 50	PROTEIN *
PROTEIN 1 g	VITAMIN A *
CARBOHYDRATE 6 g	VITAMIN C *
FAT 3 g	THIAMINE *
SODIUM 25 mg	RIBOFLAVIN 2%
POTASSIUM 30 mg	NIACIN *
	CALCIUM *
	IRON *

*Contains less than 2% of the U.S. RDA of this nutrient.

← Hazelnut Truffles, Raspberry Meringues
Chocolate Madeleine Cookies on page 31



Austrian Torte ★ *Cookies*

These fancy rolled cookies feature an apricot filling and a chocolate glaze. For easier handling, roll the dough between sheets of waxed paper.

COOKIE

- 1 cup butter or margarine, softened
- 1 cup sugar
- 3 tablespoons milk
- 1 teaspoon vanilla
- ½ teaspoon grated lemon peel
- 1 egg
- 3 cups Pillsbury's BEST® All Purpose or Unbleached Flour
- 1½ teaspoons baking powder
- ½ teaspoon salt

FILLING

- 1 cup apricot preserves

GLAZE

- 2 oz. (2 squares) semi-sweet chocolate
- 1 tablespoon shortening

Heat oven to 400°F. In large bowl, cream butter and sugar until light and fluffy. Add milk, vanilla, lemon peel and egg; blend well. Lightly spoon flour into measuring cup; level off. Stir in flour, baking powder and salt; mix well. If necessary, refrigerate dough 1 hour for easier handling. On lightly floured surface, roll dough one-third at a time to ⅛-inch thickness. Using a 2-inch and a 1½-inch diameter fluted cookie cutter, cut equal number of cookies. Place on ungreased cookie sheets. Bake at 400°F. for 5 to 8 minutes or until edges are light golden brown. Cool 1 minute; remove from cookie sheets.

To assemble, spread ½ teaspoon preserves over bottom of 1½-inch cookies; place on top of 2-inch cookie.

In small saucepan over low heat, melt chocolate with shortening, stirring occasionally. Drizzle glaze over assembled cookies. 6 dozen cookies.

HIGH ALTITUDE - Above 3500 Feet:
No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA	
1 cookie		PER SERVING	
CALORIES	70	PROTEIN	*
PROTEIN	1 g	VITAMIN A	2%
CARBOHYDRATE	10 g	VITAMIN C	*
FAT	3 g	THIAMINE	2%
SODIUM	50 mg	RIBOFLAVIN	*
POTASSIUM	15 mg	NIACIN	*
		CALCIUM	*
		IRON	*

*Contains less than 2% of the U.S. RDA of this nutrient.

After Dinner *Chocolate Cups*

Such an easy and elegant ending to a meal. The chocolate cups can be prepared several days or even weeks in advance.

- 3 oz. (3 squares) semi-sweet chocolate, cut into pieces

- 8 to 10 miniature foil cups

In small saucepan over low heat, melt chocolate, stirring constantly. Brush inside of foil cups with melted chocolate until about ⅛-inch thick. Refrigerate 5 to 10 minutes or until chocolate is set. Apply second layer of chocolate over first layer. Refrigerate until chocolate is very firm. Carefully peel foil from cups. Store in refrigerator or freezer until ready to use. Just before serving, fill with your favorite after dinner liqueur. 8 to 10 cups.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA	
1/10 of recipe		PER SERVING	
CALORIES	60	PROTEIN	*
PROTEIN	0 g	VITAMIN A	*
CARBOHYDRATE	9 g	VITAMIN C	*
FAT	3 g	THIAMINE	*
SODIUM	0 mg	RIBOFLAVIN	*
POTASSIUM	30 mg	NIACIN	*
		CALCIUM	*
		IRON	*

*Contains less than 2% of the U.S. RDA of this nutrient.

Kahlua Coffee Brownies

A rich and decadent sweet that is perfect with after-dinner coffee.

BROWNIES

- 2 1/2-oz. pkg. Pillsbury Deluxe Fudge Brownie Mix
- 1/2 cup Kahlua or coffee-flavored liqueur
- 1/2 cup oil
- 2 eggs

FROSTING

- 1/2 cup butter or margarine, softened
- 2 cups powdered sugar
- 1/2 teaspoon vanilla
- 2 tablespoons Kahlua or coffee-flavored liqueur
- 1 teaspoon instant coffee
- 2 to 3 teaspoons milk

GLAZE

- 1 oz. (1 square) semi-sweet chocolate
- 1 teaspoon shortening

Heat oven to 350°F. Grease 13x9-inch pan. In large bowl, combine all brownie ingredients; beat 50 strokes with spoon. Spread in prepared pan. Bake at 350°F. for 30 to 35 minutes. DO NOT OVERBAKE. Cool.

In small bowl, cream butter until light and fluffy. Add powdered sugar and vanilla; blend well. In small saucepan, heat 2 tablespoons Kahlua with instant coffee; gradually add Kahlua mixture and milk to powdered sugar mixture. Continue beating until smooth, creamy and of desired spreading consistency. Spread over cooled brownies.

In small saucepan over low heat, melt chocolate with shortening, stirring occasionally. Drizzle glaze in horizontal parallel lines about 1 inch apart over top of brownies. Immediately draw knife in vertical lines through glaze to form pattern. Refrigerate until firm. 48 bars.

HIGH ALTITUDE - Above 3500 Feet: Add 2 tablespoons flour to dry brownie mix. Bake as directed above.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA
1 bar		PER SERVING
CALORIES	120	PROTEIN
PROTEIN	1 g	VITAMIN A
CARBOHYDRATE	16 g	VITAMIN C
FAT	6 g	THIAMINE
SODIUM	70 mg	RIBOFLAVIN
POTASSIUM	20 mg	NIACIN
		CALCIUM
		IRON

*Contains less than 2% of the U.S. RDA of this nutrient.

Strawberry Blossoms

- 8 to 12 large strawberries
- 3-oz. pkg. cream cheese, softened
- 2 tablespoons powdered sugar
- 1 tablespoon sour cream

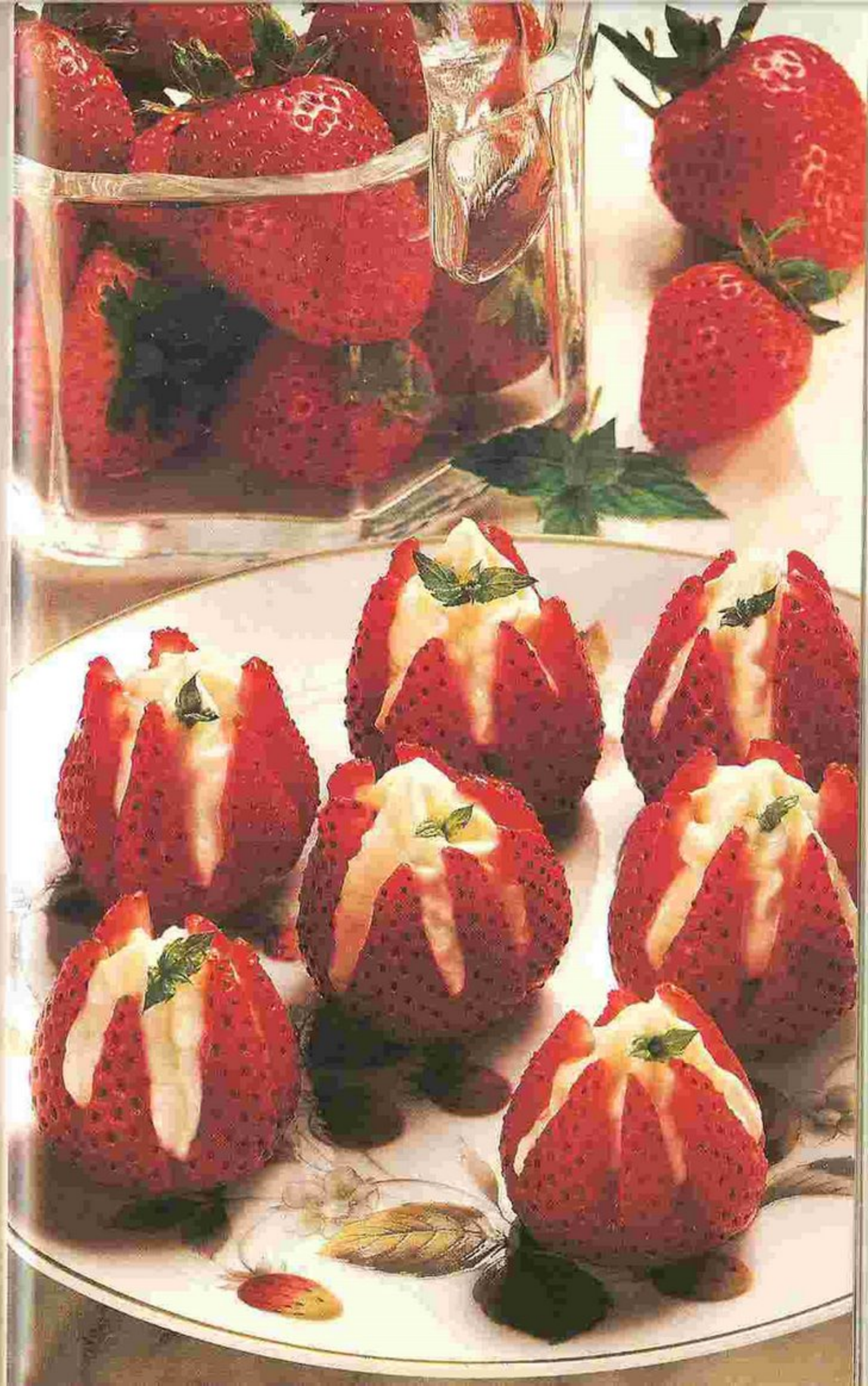
Remove stems from berries, forming a flat base. Place berries pointed end up. With sharp knife, carefully slice berry in half vertically through center to within 1/4 inch of base. Cut each half into 3 wedges, forming 6 petals. (Do not slice through base.) Pull petals apart slightly.

In small bowl, beat cream cheese, powdered sugar and sour cream until light and fluffy. With pastry bag and star tip or small spoon, fill berries with cream cheese mixture. Use as garnish on cake or serve as mini dessert. 8 to 12 confections.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA
3 strawberries		PER SERVING
CALORIES	110	PROTEIN
PROTEIN	2 g	VITAMIN A
CARBOHYDRATE	8 g	VITAMIN C
FAT	8 g	THIAMINE
SODIUM	65 mg	RIBOFLAVIN
POTASSIUM	120 mg	NIACIN
		CALCIUM
		IRON

*Contains less than 2% of the U.S. RDA of this nutrient.



Pies & Pastries

Extravagant treats of flaky pies and pastries to satisfy any sweet tooth. Garnishes of citrus twists and exquisite chocolate leaves or curls add a finishing flourish.



★ Brandied Peach Chiffon Pie

A luscious, layered chiffon pie.

**15-oz. pkg. Pillsbury All Ready
Pie Crusts**
1 teaspoon flour

FILLING

2 eggs, separated
¼ cup sugar
Dash salt
1¼ cups milk
**1 envelope unflavored
gelatin**
3 tablespoons cold water
**3 tablespoons brandy or
orange juice**
**1½ cups sliced fresh or
frozen peaches without
syrup, thawed, well
drained**
¼ cup sugar
**1 cup whipping cream,
whipped, sweetened**

Heat oven to 450°F. Prepare pie crust according to package directions for **unfilled one-crust pie** using 9-inch pie pan. (Refrigerate remaining crust for later use.) Bake at 450°F. for 9 to 11 minutes or until lightly browned. Cool.

In medium saucepan, beat egg yolks slightly. Add ¼ cup sugar and salt; blend well. Gradually add milk,

stirring until well blended. Cook over medium heat, stirring constantly, until mixture thickens and coats a metal spoon, about 10 minutes. **DO NOT BOIL.** Sprinkle gelatin over water; let stand 1 minute. Stir gelatin into hot custard. Refrigerate until slightly thickened, about 30 minutes, stirring occasionally. Stir in brandy.

In small bowl, beat egg whites until frothy. Gradually add ¼ cup sugar, beating until stiff peaks form. Fold beaten egg whites into custard. Spoon ⅓ of custard mixture into baked pie crust; top with ½ of the peach slices, ⅓ of custard mixture, remaining peaches and remaining custard mixture. Refrigerate 4 hours or until set. Top with whipped cream; garnish with Chocolate Leaves (see below) and additional peach slices, if desired. Store in refrigerator. 8 servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/8 of recipe		PER SERVING	
CALORIES	340	PROTEIN	8%
PROTEIN	5 g	VITAMIN A	15%
CARBOHYDRATE	31 g	VITAMIN C	2%
FAT	21 g	THIAMINE	2%
SODIUM	230 mg	RIBOFLAVIN	8%
POTASSIUM	170 mg	NIACIN	2%
		CALCIUM	8%
		IRON	8%

*Contains less than 2% of the U.S. RDA of this nutrient.

Chocolate Leaves

See photo on page 38

Melt unsweetened, semi-sweet or sweet cooking chocolate. Brush melted chocolate evenly on underside of washed and dried non-toxic leaves (grape, ivy, mint, lemon or rose leaves). Wipe off any chocolate that may have dripped to front side of leaf. Refrigerate leaves about 10 minutes or until chocolate is set. Apply second layer of chocolate over first layer. Refrigerate until chocolate is set. Carefully peel leaf away from chocolate. Store in refrigerator or freezer until ready to use.

Chocolate Silk Pecan Pie

This luscious pie is one of our favorites. Do not skimp on the chocolate chips or the filling may not set up properly.

CRUST

**15-oz. pkg. Pillsbury All Ready
Pie Crusts**
1 teaspoon flour
⅓ cup sugar
½ cup dark corn syrup
**3 tablespoons margarine or
butter, melted**
⅛ teaspoon salt, if desired
2 eggs
½ cup chopped pecans

FILLING

1 cup hot milk
¼ teaspoon vanilla
**1⅓ cups (8-oz.) semi-sweet
chocolate chips**

TOPPING

1 cup whipping cream
**2 tablespoons powdered
sugar**
¼ teaspoon vanilla
**Chocolate Curls (see
Index)**

Prepare pie crust according to package directions for **filled one-crust pie** using 9-inch pie pan. (Refrigerate remaining crust for later use.) Heat oven to 350°F. In small bowl, beat sugar, corn syrup, margarine, salt and eggs at medium speed 1 minute; stir in pecans. Pour into pie crust-lined pan. Bake at 350°F. for 40 to 55 minutes or until center of pie is puffed and golden brown. Cool on wire rack 1 hour.

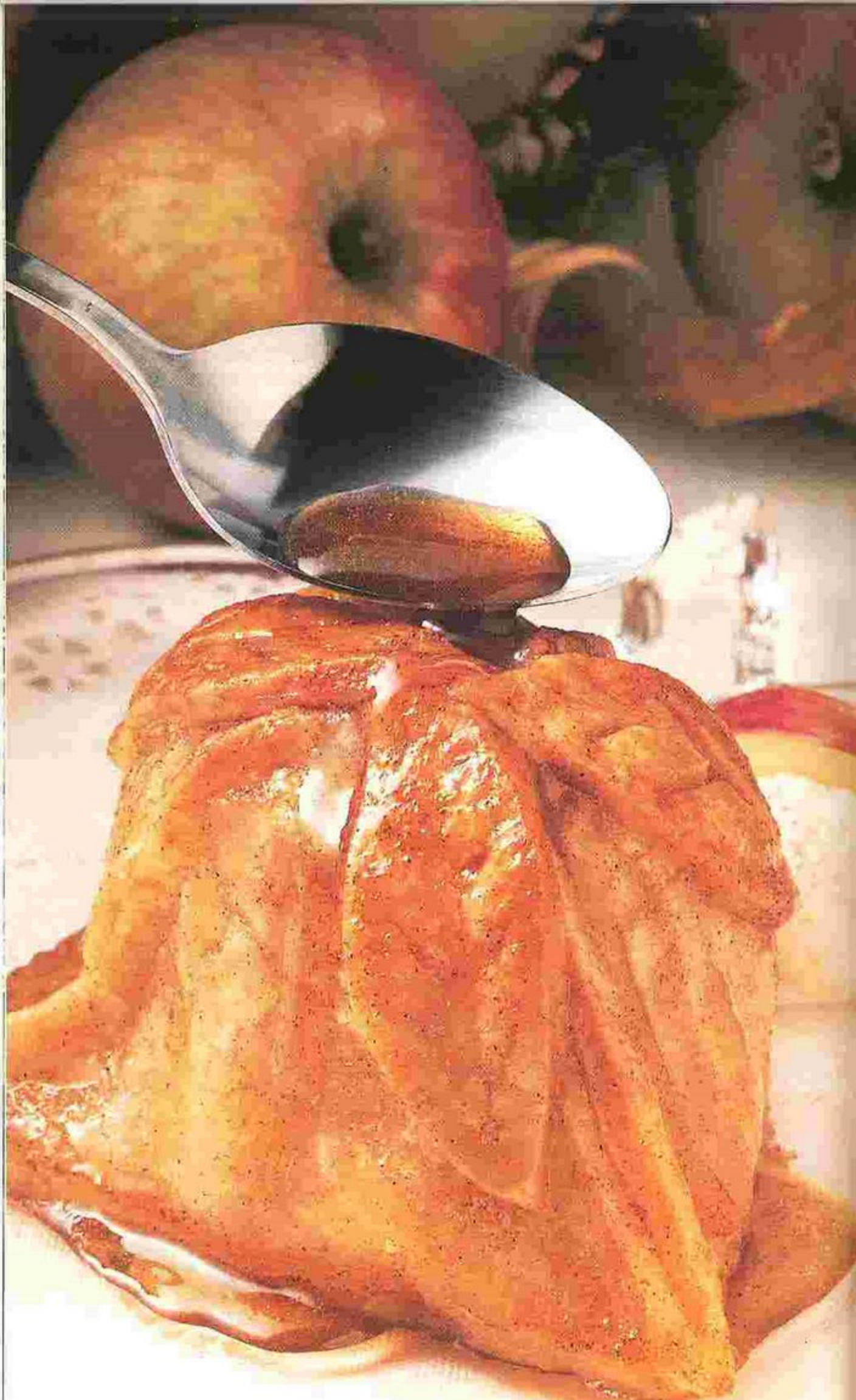
While filled crust is cooling, in blender container or food processor bowl with metal blade, combine milk, ¼ teaspoon vanilla and chocolate chips; blend 1 minute or until smooth. Refrigerate until mixture is slightly thickened, about 1½ hours. Gently stir filling mixture; pour into cooled filled crust. Refrigerate until firm, about 1 hour.

In small bowl, beat cream until soft peaks form. Blend in powdered sugar and ¼ teaspoon vanilla; beat until stiff peaks form. Spoon or pipe over filling. If desired, garnish with Chocolate Curls. Store in refrigerator. 8 to 10 servings.

TIP: Cover edge of pie crust with strip of foil during last 10 to 15 minutes of baking if necessary to prevent excessive browning.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/10 of recipe		PER SERVING	
CALORIES	550	PROTEIN	8%
PROTEIN	5 g	VITAMIN A	10%
CARBOHYDRATE	52 g	VITAMIN C	•
FAT	36 g	THIAMINE	4%
SODIUM	240 mg	RIBOFLAVIN	8%
POTASSIUM	210 mg	NIACIN	•
		CALCIUM	6%
		IRON	10%

*Contains less than 2% of the U.S. RDA of this nutrient.



* Apple Dumplings

This old-fashioned favorite has been greatly simplified by using refrigerated all ready pie crust. Absolutely delicious served warm with cream.

15-oz. pkg. Pillsbury All Ready Pie Crusts

4 Jonathan, Winesap or other small (2½-inch diameter) cooking apples, peeled and cored*

¼ cup sugar
1 teaspoon cinnamon
2 tablespoons raisins
1 egg
1 teaspoon water

SAUCE

½ cup sugar
1 cup water
2 tablespoons margarine or butter
¼ teaspoon cinnamon

Heat oven to 400°F. Allow 1 crust pouch to set at room temperature 15 to 20 minutes. (Refrigerate remaining crust for later use.) Remove crust from pouch; unfold. Cut crust into fourths. From curved edge of each pastry piece cut leaf shapes to use as garnish.

Place an apple in center of each pastry piece. In small bowl, combine ¼ cup sugar, 1 teaspoon cinnamon and raisins; spoon into apple cavities. Bring sides of pastry piece up to center of apple; press edges to seal. Garnish with pastry leaves. Place in ungreased 9-inch square baking pan. In small bowl, beat together egg and 1 teaspoon water; brush over dumplings. Bake at 400°F. for 15 minutes.

Meanwhile in small saucepan, combine all sauce ingredients. Bring to a boil; continue boiling for 2 minutes. Pour over partially baked dumplings; bake for an additional 25 to 30 minutes or until crust is deep golden brown and apples are tender. Spoon sauce over dumplings several times during baking. Serve warm or cool. 4 dumplings.

TIP: *If larger baking apples are used, cut in half horizontally. Place apple half on pastry piece, cut side down.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA
1 dumpling		PER SERVING
CALORIES	540	PROTEIN 4%
PROTEIN	3 g	VITAMIN A 6%
CARBOHYDRATE	80 g	VITAMIN C 4%
FAT	23 g	THIAMINE 2%
SODIUM	410 mg	RIBOFLAVIN 2%
POTASSIUM	190 mg	NIACIN *
		CALCIUM 2%
		IRON 4%

*Contains less than 2% of the U.S. RDA of this nutrient.

Lemon Cheesecake Pie

This light refreshing pie garnished with lemon Citrus Twists (see Index) is a real beauty. No one will guess it is low in calories too.

1¼ cups graham cracker crumbs
3 tablespoons margarine or butter, melted
3-oz. pkg. lemon flavor gelatin
1 cup boiling water
2 cups lowfat cottage cheese
1 to 2 teaspoons grated lemon peel

Heat oven to 350°F. In medium bowl, combine graham cracker crumbs and margarine; press in bottom and up sides of 9-inch pie pan. Bake at 350°F. for 4 to 5 minutes. Cool.

In small bowl, dissolve gelatin in boiling water. Cool to lukewarm. In blender container, blend cottage cheese and lemon peel until smooth. Slowly blend in gelatin mixture; pour into cooled baked crust. Refrigerate until set, about 2 hours. Garnish as desired. 8 servings.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA
1/8 of recipe		PER SERVING
CALORIES	180	PROTEIN 15%
PROTEIN	10 g	VITAMIN A 4%
CARBOHYDRATE	21 g	VITAMIN C *
FAT	7 g	THIAMINE *
SODIUM	400 mg	RIBOFLAVIN 10%
POTASSIUM	130 mg	NIACIN 2%
		CALCIUM 4%
		IRON 2%

*Contains less than 2% of the U.S. RDA of this nutrient.

Orange Mousse Pie

Orange Citrus Twists (see Index) and mint leaves can add a refreshing finishing touch to this luscious pie.

15-oz. pkg. Pillsbury All Ready Pie Crusts
1 teaspoon flour

FILLING

1 envelope unflavored gelatin
3/4 cup orange juice
8-oz. pkg. cream cheese, softened
1 cup powdered sugar
2 cups whipping cream, whipped
2 large oranges, chopped, drained (2 cups)

Heat oven to 450°F. Prepare pie crust according to package directions for **unfilled one-crust pie**. (Refrigerate remaining crust for later use.) Bake at 450°F. for 9 to 11 minutes or until lightly browned. Cool.

In small saucepan, combine gelatin and orange juice; let stand 1 minute. Stir over medium heat, until dissolved. In small bowl, combine cream cheese and powdered sugar; beat until smooth and fluffy. Gradually add softened gelatin; blend well. Refrigerate until slightly thickened, about 15 minutes. Fold in whipped cream; gently fold in oranges. Spoon into cooled baked crust. Refrigerate until firm, about 2 hours. Garnish as desired. 8 servings.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA	
1/8 of recipe		PER SERVING	
CALORIES	510	PROTEIN	8%
PROTEIN	5 g	VITAMIN A	30%
CARBOHYDRATE	34 g	VITAMIN C	50%
FAT	40 g	THIAMINE	4%
SODIUM	270 mg	RIBOFLAVIN	8%
POTASSIUM	210 mg	NIACIN	*
		CALCIUM	8%
		IRON	2%

*Contains less than 2% of the U.S. RDA of this nutrient.

Rhub-Berry Pie

15-oz. pkg. Pillsbury All Ready Pie Crusts
1 teaspoon flour

FILLING

3/4 cup sugar
1/3 cup cornstarch
1 cup apple cider or juice
3 to 3 1/2 cups fresh or frozen rhubarb
2 cups frozen blueberries without syrup

Prepare pie crust according to package directions for **two-crust pie** using 9-inch pie pan. Cut second crust into 8 wedges. Using canape cutter, cut decorative design from 4 of the wedges, if desired. Set aside. Heat oven to 375°F.

In large saucepan, combine sugar and cornstarch; gradually stir in cider. Add rhubarb; cook over medium heat until mixture boils and thickens, stirring constantly. Gently stir in blueberries. Spoon hot mixture into pie crust-lined pan.

Arrange pie crust wedges over fruit mixture, alternating cut-out wedges. (Points of wedges should meet in center but not overlap.) Fold outer edge of each wedge under bottom crust; flute. Garnish with pastry cut-outs, if desired. Bake at 375°F. for 50 to 65 minutes or until crust is golden brown. Serve warm with Easy Custard Sauce (see Index) or ice cream. 8 servings.

TIP: Cover edge of pie crust with strip of foil during last 10 to 15 minutes of baking if necessary to prevent excessive browning.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA	
1/8 of recipe		PER SERVING	
CALORIES	380	PROTEIN	2%
PROTEIN	2 g	VITAMIN A	*
CARBOHYDRATE	58 g	VITAMIN C	25%
FAT	16 g	THIAMINE	2%
SODIUM	330 mg	RIBOFLAVIN	2%
POTASSIUM	240 mg	NIACIN	2%
		CALCIUM	6%
		IRON	*

*Contains less than 2% of the U.S. RDA of this nutrient.

Miniature Amaretto Cream Puffs

The French word for these tiny cream puffs is *Profiteroles*. In any language they are delicious. The puffs can be prepared ahead, then filled and glazed shortly before serving.

PUFFS

1 cup Pillsbury's BEST® All Purpose or Unbleached Flour
1 cup water
1/2 cup margarine or butter
1/2 teaspoon salt
4 eggs

FILLING

3 1/2-oz. pkg. instant vanilla pudding and pie filling mix
1 1/2 cups milk
1/4 cup amaretto
3/4 cup whipping cream, whipped

GLAZE

3 oz. (3 squares) semi-sweet chocolate
1 oz. (1 square) unsweetened chocolate
1 tablespoon shortening

Heat oven to 425°F. Grease cookie sheets. Lightly spoon flour into measuring cup; level off. In medium saucepan, combine water, margarine and salt; bring to a boil over medium heat. Stir in flour; cook, stirring constantly, until mixture leaves sides of pan in smooth ball. Remove from

heat. Add eggs one at a time, beating with electric mixer at medium speed for 1 minute after each addition; beat until smooth and glossy. DO NOT OVERBEAT. To form puffs, drop scant tablespoonfuls of dough onto prepared cookie sheets. Bake at 425°F. for 13 to 17 minutes or until golden brown. Prick puffs with sharp knife to allow steam to escape. Remove from cookie sheets; cool completely.

In large bowl, combine pudding mix, milk and amaretto. Beat at low speed until well blended, about 2 minutes; let stand 5 minutes. Fold in whipped cream until well blended.

To prepare glaze, in small saucepan over low heat, melt semi-sweet and unsweetened chocolate with shortening, stirring until smooth. To assemble, cut off top of each puff; remove any filaments of soft dough. Fill with pudding mixture; replace tops. Arrange 4 to 5 puffs on each dessert plate; drizzle with glaze. Serve immediately. Refrigerate leftovers. 8 servings.

HIGH ALTITUDE - Above 3500 Feet:
No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA	
1/8 of recipe		PER SERVING	
CALORIES	500	PROTEIN	15%
PROTEIN	9 g	VITAMIN A	25%
CARBOHYDRATE	40 g	VITAMIN C	*
FAT	34 g	THIAMINE	10%
SODIUM	390 mg	RIBOFLAVIN	15%
POTASSIUM	230 mg	NIACIN	4%
		CALCIUM	15%
		IRON	10%

*Contains less than 2% of the U.S. RDA of this nutrient.

Orange Mousse Pie

Orange Citrus Twists (see Index) and mint leaves can add a refreshing finishing touch to this luscious pie.

15-oz. pkg. Pillsbury All Ready Pie Crusts
1 teaspoon flour

FILLING

1 envelope unflavored gelatin
3/4 cup orange juice
8-oz. pkg. cream cheese, softened
1 cup powdered sugar
2 cups whipping cream, whipped
2 large oranges, chopped, drained (2 cups)

Heat oven to 450°F. Prepare pie crust according to package directions for **unfilled one-crust pie**. (Refrigerate remaining crust for later use.) Bake at 450°F. for 9 to 11 minutes or until lightly browned. Cool.

In small saucepan, combine gelatin and orange juice; let stand 1 minute. Stir over medium heat, until dissolved. In small bowl, combine cream cheese and powdered sugar; beat until smooth and fluffy. Gradually add softened gelatin; blend well. Refrigerate until slightly thickened, about 15 minutes. Fold in whipped cream; gently fold in oranges. Spoon into cooled baked crust. Refrigerate until firm, about 2 hours. Garnish as desired. 8 servings.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA	
1/8 of recipe		PER SERVING	
CALORIES	510	PROTEIN	8%
PROTEIN	5 g	VITAMIN A	30%
CARBOHYDRATE	34 g	VITAMIN C	50%
FAT	40 g	THIAMINE	4%
SODIUM	270 mg	RIBOFLAVIN	8%
POTASSIUM	210 mg	NIACIN	*
		CALCIUM	8%
		IRON	2%

*Contains less than 2% of the U.S. RDA of this nutrient.

Rhub-Berry Pie

15-oz. pkg. Pillsbury All Ready Pie Crusts
1 teaspoon flour

FILLING

3/4 cup sugar
1/3 cup cornstarch
1 cup apple cider or juice
3 to 3 1/2 cups fresh or frozen rhubarb
2 cups frozen blueberries without syrup

Prepare pie crust according to package directions for **two-crust pie** using 9-inch pie pan. Cut second crust into 8 wedges. Using canape cutter, cut decorative design from 4 of the wedges, if desired. Set aside. Heat oven to 375°F.

In large saucepan, combine sugar and cornstarch; gradually stir in cider. Add rhubarb; cook over medium heat until mixture boils and thickens, stirring constantly. Gently stir in blueberries. Spoon hot mixture into pie crust-lined pan.

Arrange pie crust wedges over fruit mixture, alternating cut-out wedges. (Points of wedges should meet in center but not overlap.) Fold outer edge of each wedge under bottom crust; flute. Garnish with pastry cut-outs, if desired. Bake at 375°F. for 50 to 65 minutes or until crust is golden brown. Serve warm with Easy Custard Sauce (see Index) or ice cream. 8 servings.

TIP: Cover edge of pie crust with strip of foil during last 10 to 15 minutes of baking if necessary to prevent excessive browning.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA	
1/8 of recipe		PER SERVING	
CALORIES	380	PROTEIN	2%
PROTEIN	2 g	VITAMIN A	*
CARBOHYDRATE	58 g	VITAMIN C	25%
FAT	16 g	THIAMINE	2%
SODIUM	330 mg	RIBOFLAVIN	2%
POTASSIUM	240 mg	NIACIN	2%
		CALCIUM	6%
		IRON	*

*Contains less than 2% of the U.S. RDA of this nutrient.

Miniature Amaretto Cream Puffs

The French word for these tiny cream puffs is *Profiteroles*. In any language they are delicious. The puffs can be prepared ahead, then filled and glazed shortly before serving.

PUFFS

1 cup Pillsbury's BEST® All Purpose or Unbleached Flour
1 cup water
1/2 cup margarine or butter
1/2 teaspoon salt
4 eggs

FILLING

3 1/2-oz. pkg. instant vanilla pudding and pie filling mix
1 1/2 cups milk
1/4 cup amaretto
3/4 cup whipping cream, whipped

GLAZE

3 oz. (3 squares) semi-sweet chocolate
1 oz. (1 square) unsweetened chocolate
1 tablespoon shortening

Heat oven to 425°F. Grease cookie sheets. Lightly spoon flour into measuring cup; level off. In medium saucepan, combine water, margarine and salt; bring to a boil over medium heat. Stir in flour; cook, stirring constantly, until mixture leaves sides of pan in smooth ball. Remove from

heat. Add eggs one at a time, beating with electric mixer at medium speed for 1 minute after each addition; beat until smooth and glossy. DO NOT OVERBEAT. To form puffs, drop scant tablespoonfuls of dough onto prepared cookie sheets. Bake at 425°F. for 13 to 17 minutes or until golden brown. Prick puffs with sharp knife to allow steam to escape. Remove from cookie sheets; cool completely.

In large bowl, combine pudding mix, milk and amaretto. Beat at low speed until well blended, about 2 minutes; let stand 5 minutes. Fold in whipped cream until well blended.

To prepare glaze, in small saucepan over low heat, melt semi-sweet and unsweetened chocolate with shortening, stirring until smooth. To assemble, cut off top of each puff; remove any filaments of soft dough. Fill with pudding mixture; replace tops. Arrange 4 to 5 puffs on each dessert plate; drizzle with glaze. Serve immediately. Refrigerate leftovers. 8 servings.

HIGH ALTITUDE - Above 3500 Feet:
No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA	
1/8 of recipe		PER SERVING	
CALORIES	500	PROTEIN	15%
PROTEIN	9 g	VITAMIN A	25%
CARBOHYDRATE	40 g	VITAMIN C	*
FAT	34 g	THIAMINE	10%
SODIUM	390 mg	RIBOFLAVIN	15%
POTASSIUM	230 mg	NIACIN	4%
		CALCIUM	15%
		IRON	10%

*Contains less than 2% of the U.S. RDA of this nutrient.



Strawberry Cream Puff Ring

This impressive cream puff ring is filled with strawberries and vanilla cream and then topped with a chocolate glaze! Cream puff pastry is not difficult to prepare but you will need to follow directions and measurements carefully. An electric mixer is helpful for beating in eggs.

PUFF

- $\frac{3}{4}$ cup Pillsbury's BEST® All Purpose or Unbleached Flour
- 6 tablespoons margarine
- $\frac{3}{4}$ cup water
- $\frac{1}{4}$ teaspoon salt
- 3 eggs

FILLING

- $3\frac{1}{8}$ -oz. pkg. vanilla pudding and pie filling mix (not instant)
- $1\frac{1}{2}$ cups milk
- 2 teaspoons grated orange peel
- $\frac{1}{2}$ cup whipping cream, whipped, or 1 cup frozen whipped topping, thawed
- 1 pint (2 cups) fresh strawberries, sliced

GLAZE

- 2 oz. semi-sweet chocolate
- 2 tablespoons margarine or butter
- $\frac{2}{3}$ cup powdered sugar
- 2 tablespoons milk

Heat oven to 400°F. Grease cookie sheet. Lightly spoon flour into measuring cup; level off. In medium saucepan, combine margarine and water; bring to a boil over medium heat. Stir in flour and salt; cook,

stirring constantly, until mixture leaves sides of pan in smooth ball. Remove from heat. Add eggs one at a time, beating vigorously after each, until mixture is smooth and glossy. Form ring by placing 8 to 10 spoonfuls of batter, sides touching, on prepared cookie sheet to form an 8-inch circle. Bake at 400°F. for 40 to 50 minutes or until golden brown. Remove from oven; prick puff with sharp knife. Cool.

In medium saucepan, combine pudding mix, milk and orange peel. Bring to a boil over medium heat, stirring constantly. Boil 1 minute; remove from heat. Cover; cool 1 hour. Fold whipped cream into cooled pudding.

To assemble, place puff on serving plate; slice in half horizontally. Spoon pudding mixture into bottom half of puff. Top with strawberries. Replace top of puff. In small saucepan, combine chocolate and margarine; cook over medium heat until melted. Stir in powdered sugar and milk; blend until smooth. Drizzle over puff. Refrigerate leftovers. 8 to 10 servings.

HIGH ALTITUDE - Above 3500 Feet: Bake at 400°F. for 35 to 45 minutes.

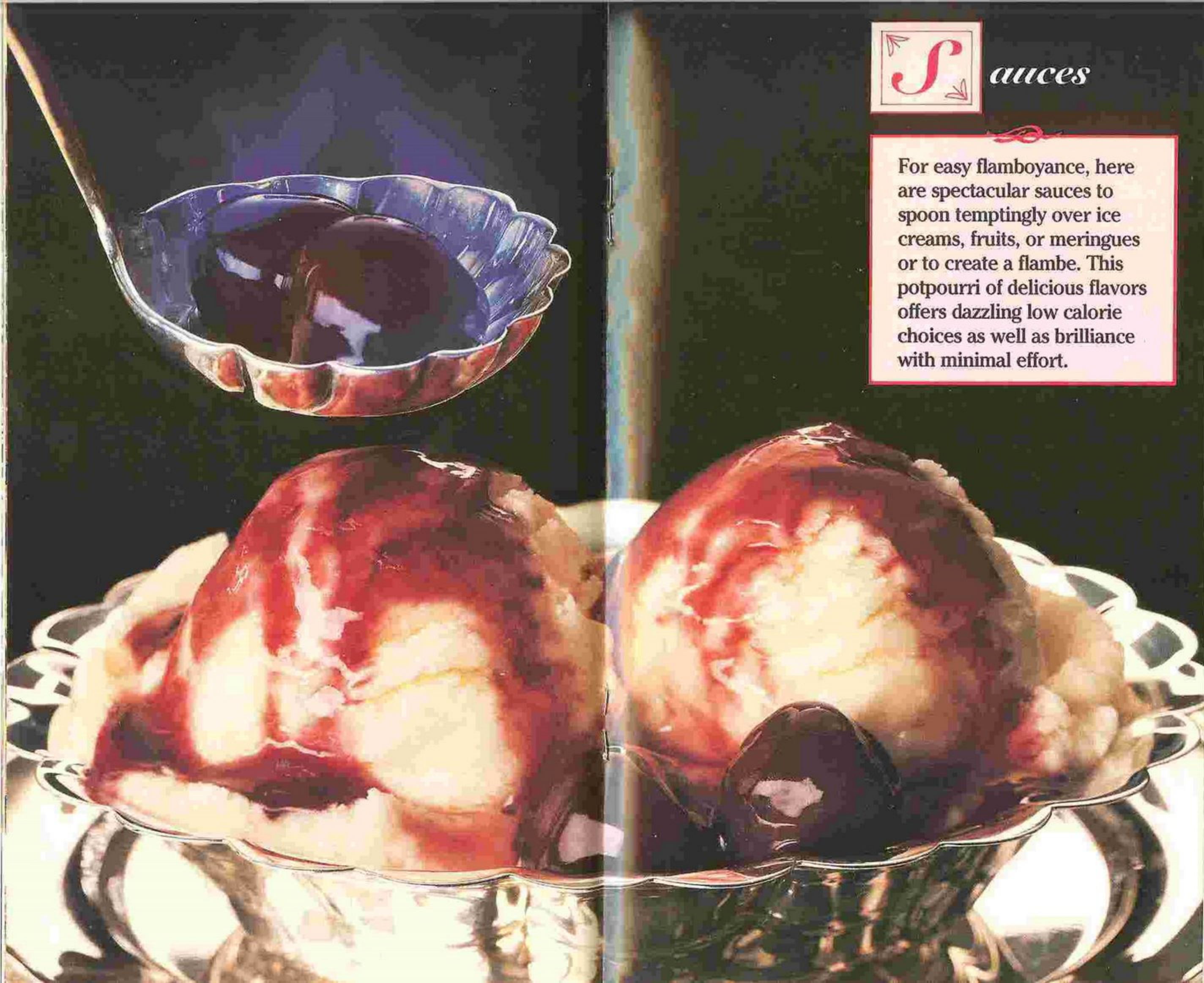
NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/10 of recipe		PERCENT U.S. RDA PER SERVING	
CALORIES	300	PROTEIN	8%
PROTEIN	5 g	VITAMIN A	15%
CARBOHYDRATE	29 g	VITAMIN C	30%
FAT	19 g	THIAMINE	6%
SODIUM	240 mg	RIBOFLAVIN	10%
POTASSIUM	200 mg	NIACIN	2%
		CALCIUM	8%
		IRON	6%



auces

For easy flamboyance, here are spectacular sauces to spoon temptingly over ice creams, fruits, or meringues or to create a flambe. This potpourri of delicious flavors offers dazzling low calorie choices as well as brilliance with minimal effort.



Cherries Jubilee

Cherries Jubilee has been a traditional favorite for special occasions. For a variation, go one step further—spoon chocolate sauce over ice cream and then top with the cherry sauce. Superb!

- 1 tablespoon cornstarch
- 16-oz. can (2 cups) pitted dark sweet cherries, undrained
- 1/4 cup brandy
- 1 quart (4 cups) French vanilla or vanilla ice cream

In chafing dish or skillet, combine cornstarch and cherries. Heat until mixture boils and thickens, stirring occasionally. Heat brandy in small saucepan or ladle; carefully ignite. Quickly pour over cherries. Serve over ice cream. 6 to 8 servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/8 of recipe		PER SERVING	
CALORIES	190	PROTEIN	4%
PROTEIN	3 g	VITAMIN A	6%
CARBOHYDRATE	25 g	VITAMIN C	2%
FAT	7 g	THIAMINE	2%
SODIUM	60 mg	RIBOFLAVIN	10%
POTASSIUM	200 mg	NIACIN	*
		CALCIUM	10%
		IRON	2%

*Contains less than 2% of the U.S. RDA of this nutrient.

Blue-Berry Topping

A pretty dessert sauce featuring fresh strawberries and blueberries.

- 1/4 cup sugar
- 1 tablespoon cornstarch
- 1/2 cup water
- Few drops red food coloring, if desired
- 1 pint (2 cups) fresh strawberries, sliced
- 1/2 cup fresh or frozen blueberries, thawed

In medium saucepan, combine sugar and cornstarch; stir in water and food coloring. Cook over medium heat,

Bittersweet Chocolate Sauce

A velvety smooth chocolate sauce with a hint of bittersweet chocolate.

- 1 1/2 cups whipping cream
- 1/3 cup powdered sugar
- 3 oz. (3 squares) semi-sweet chocolate, cut into pieces
- 1 oz. (1 square) unsweetened chocolate, cut into pieces
- 1/2 teaspoon vanilla

In medium saucepan, combine cream and powdered sugar. Cook over medium heat until mixture boils, stirring constantly. Stir in chocolate. Reduce heat to low; cook 3 to 5 minutes until mixture is smooth, stirring constantly. Remove from heat; stir in vanilla. Serve warm or cool. Store in refrigerator. 1 3/4 cups.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
2 tablespoons		PER SERVING	
CALORIES	140	PROTEIN	*
PROTEIN	1 g	VITAMIN A	8%
CARBOHYDRATE	7 g	VITAMIN C	*
FAT	12 g	THIAMINE	*
SODIUM	10 mg	RIBOFLAVIN	2%
POTASSIUM	50 mg	NIACIN	*
		CALCIUM	*
		IRON	*

*Contains less than 2% of the U.S. RDA of this nutrient.

stirring constantly, until sugar dissolves and mixture thickens slightly, about 5 minutes. Stir in strawberries and blueberries; cool. Serve over dessert or as ice cream topping. 2 cups.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/4 cup		PER SERVING	
CALORIES	40	PROTEIN	*
PROTEIN	0 g	VITAMIN A	*
CARBOHYDRATE	10 g	VITAMIN C	35%
FAT	0 g	THIAMINE	*
SODIUM	0 mg	RIBOFLAVIN	*
POTASSIUM	70 mg	NIACIN	*
		CALCIUM	*
		IRON	*

*Contains less than 2% of the U.S. RDA of this nutrient.

Apples Flambe

This hot apple dessert sauce is especially delicious served over cinnamon ice cream.

- 2 tablespoons margarine or butter
- 1/2 cup sugar
- 1 cup apple juice
- 3 medium cooking apples, peeled, sliced
- 1/4 teaspoon grated orange peel, if desired
- 1/3 cup apple brandy or brandy

In chafing dish or skillet, melt margarine. Stir in sugar and apple juice. Simmer over medium heat for 5 to 10 minutes until mixture is slightly thickened, stirring occasionally. Add apples; continue cooking until apples are tender. Stir in orange peel. To flame, warm brandy in small saucepan or ladle; carefully ignite. Quickly pour over apple mixture; serve immediately over ice cream. 3 cups.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/4 cup		PER SERVING	
CALORIES	90	PROTEIN	*
PROTEIN	0 g	VITAMIN A	*
CARBOHYDRATE	15 g	VITAMIN C	10%
FAT	2 g	THIAMINE	*
SODIUM	25 mg	RIBOFLAVIN	*
POTASSIUM	60 mg	NIACIN	*
		CALCIUM	*
		IRON	*

*Contains less than 2% of the U.S. RDA of this nutrient.

Enjoy sauces from this chapter as luscious, low calorie desserts when combined with thin slices of pound cake or lite ices and mousses.

Cherry Raspberry Sauce

This beautiful red sauce will add sparkle to any dessert—and so easy too.

- 21-oz. can cherry fruit pie filling
- 10-oz. pkg. frozen raspberries with syrup, thawed

In large bowl, gently combine pie filling and raspberries. Serve over Toasted Coconut Freeze (see Index), ice cream, angel food or pound cake. 3 1/2 cups.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
2 tablespoons		PER SERVING	
CALORIES	50	PROTEIN	*
PROTEIN	0 g	VITAMIN A	*
CARBOHYDRATE	12 g	VITAMIN C	4%
FAT	0 g	THIAMINE	*
SODIUM	0 mg	RIBOFLAVIN	*
POTASSIUM	30 mg	NIACIN	*
		CALCIUM	*
		IRON	*

*Contains less than 2% of the U.S. RDA of this nutrient.

Blender Apricot Sauce

This yummy sauce just couldn't be easier to prepare. Serve over any number of desserts—ice cream, fruit, cake, pudding or meringues.

- 16-oz. can apricot halves, drained
- 1/3 cup orange juice
- 2 teaspoons lemon juice

In blender container or food processor bowl with metal blade, puree apricot halves. Add orange juice and lemon juice; continue processing until well blended. 1 1/4 cups.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
2 tablespoons		PER SERVING	
CALORIES	25	PROTEIN	*
PROTEIN	0 g	VITAMIN A	15%
CARBOHYDRATE	7 g	VITAMIN C	10%
FAT	0 g	THIAMINE	*
SODIUM	0 mg	RIBOFLAVIN	*
POTASSIUM	90 mg	NIACIN	*
		CALCIUM	*
		IRON	*

*Contains less than 2% of the U.S. RDA of this nutrient.



White Chocolate Sauce

We created this sauce to be served over the Chocolate Mousse (see Index), but it would be wonderful on just about anything!

- 1½ cups whipping cream
- ¼ cup powdered sugar
- 4 oz. white chocolate or almond bark, cut into pieces
- 2 tablespoons rum

In medium saucepan, combine cream and powdered sugar. Cook over medium heat until mixture boils, stirring constantly. Reduce heat; simmer 3 to 4 minutes. Add white chocolate and rum, stirring until chocolate is melted and sauce is smooth. Serve warm or cool. Store in refrigerator. 2 cups.

NUTRITION INFORMATION PER SERVING	
SERVING SIZE:	2 tablespoons
CALORIES	120
PROTEIN	1 g
CARBOHYDRATE	6 g
FAT	11 g
SODIUM	10 mg
POTASSIUM	40 mg
PERCENT U.S. RDA PER SERVING	
PROTEIN	*
VITAMIN A	6%
VITAMIN C	*
THIAMINE	*
RIBOFLAVIN	*
NIACIN	*
CALCIUM	*
IRON	*

*Contains less than 2% of the U.S. RDA of this nutrient.

Easy Custard Sauce

Custard sauces can sometimes be a bit tricky but this one is no-fail. Great to drizzle over fruit or pour over servings of Rhu-Berry Pie (see Index).

- 3⅛-oz. pkg. vanilla pudding and pie filling mix (not instant)
- 2 cups half-and-half
- 1½ cups milk

In large saucepan, combine pudding mix, half-and-half and milk. Cook over medium heat until mixture comes

Ruby Raspberry Sauce

This easy sauce can highlight many desserts.

- 10-oz. pkg. frozen raspberries with syrup, thawed
- 2 tablespoons sugar
- 2 tablespoons orange-flavored liqueur

In blender container or food processor bowl with metal blade, combine raspberries, sugar and liqueur. Cover; blend until smooth. Strain to remove seeds. 1½ cups.

NUTRITION INFORMATION PER SERVING	
SERVING SIZE:	2 tablespoons
CALORIES	40
PROTEIN	0 g
CARBOHYDRATE	10 g
FAT	0 g
SODIUM	0 mg
POTASSIUM	25 mg
PERCENT U.S. RDA PER SERVING	
PROTEIN	*
VITAMIN A	*
VITAMIN C	6%
THIAMINE	*
RIBOFLAVIN	*
NIACIN	*
CALCIUM	*
IRON	*

*Contains less than 2% of the U.S. RDA of this nutrient.

to a full boil, stirring constantly. Serve warm or cool. Store in refrigerator. 3½ cups.

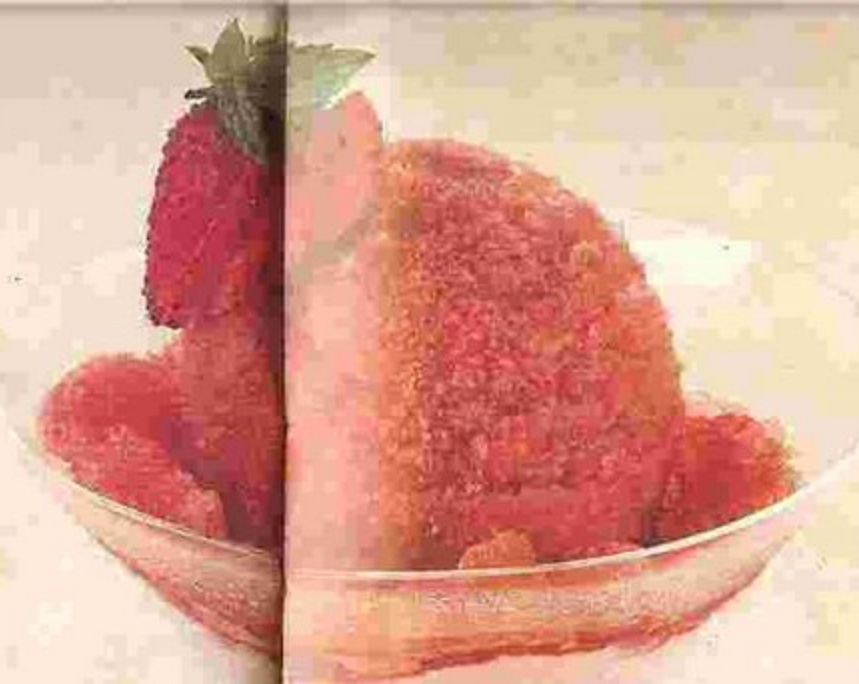
NUTRITION INFORMATION PER SERVING	
SERVING SIZE:	2 tablespoons
CALORIES	40
PROTEIN	1 g
CARBOHYDRATE	4 g
FAT	2 g
SODIUM	30 mg
POTASSIUM	45 mg
PERCENT U.S. RDA PER SERVING	
PROTEIN	*
VITAMIN A	2%
VITAMIN C	*
THIAMINE	*
RIBOFLAVIN	2%
NIACIN	*
CALCIUM	2%
IRON	*

*Contains less than 2% of the U.S. RDA of this nutrient.

F

rozen Desserts

Sophisticated and chilled, colorful and refreshing—ices, tortes, bombes and alaskas offer a parade of sparkling flavors. Low calorie choices, too, for glamorous endings to impressive dinners.



Fruit Snow

A simple and light dessert such as this Fruit Snow can be most impressive served from beautiful stemware.

- 2 (6-oz.) cans frozen grape juice or fruit punch concentrate, thawed
- 12-oz. can frozen apple juice concentrate, thawed
- 32-oz. bottle (4 cups) lemon-lime flavored carbonated beverage

In 2-quart non-metal container, combine all ingredients; mix well. Cover; freeze. Scoop frozen mixture into dessert dishes. Garnish with Strawberry Fans (see below) or other fresh fruit. 14 (1/2-cup) servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/2 cup		PER SERVING	
CALORIES	140	PROTEIN	*
PROTEIN	0 g	VITAMIN A	*
CARBOHYDRATE	35 g	VITAMIN C	45%
FAT	0 g	THIAMINE	*
SODIUM	10 mg	RIBOFLAVIN	2%
POTASSIUM	160 mg	NIACIN	*
		CALCIUM	*
		IRON	2%

*Contains less than 2% of the U.S. RDA of this nutrient.

Strawberry Fans

See photo on page 54

Select firm berries with stems. Starting at tip, cut into thin slices almost to stem. Spread slices to form open fans.

Peppermint Bon Bombe

This refreshing make-ahead freezer dessert is impressive and easy on the hostess!

- 1 quart (4 cups) peppermint bon bon or chocolate mint ice cream, slightly softened
- 2 cups powdered sugar
- 2/3 cup margarine or butter, softened
- 2 oz. (2 squares) unsweetened chocolate, melted and cooled
- 1 teaspoon vanilla
- 3 eggs

Line 2-quart mold or bowl with plastic wrap. Spoon ice cream into prepared mold, packing firmly; freeze. In large bowl, beat sugar, margarine, chocolate and vanilla until light and fluffy. Add eggs one at a time, beating well after each addition. Spoon mixture over frozen ice cream layer. Cover; freeze until firm.

Remove mold from freezer 5 to 10 minutes before serving; invert onto serving plate and remove plastic wrap. If desired, garnish with whipped cream and fresh mint leaves or Chocolate Curls (see Index). Cut into wedges. 8 servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/8 of recipe		PER SERVING	
CALORIES	440	PROTEIN	8%
PROTEIN	5 g	VITAMIN A	20%
CARBOHYDRATE	44 g	VITAMIN C	*
FAT	27 g	THIAMINE	2%
SODIUM	260 mg	RIBOFLAVIN	15%
POTASSIUM	210 mg	NIACIN	*
		CALCIUM	10%
		IRON	4%

*Contains less than 2% of the U.S. RDA of this nutrient.

Berry-Swirl Ice Cream Pie

A sensationally bright, no-bake pie served with a ruby red sauce. Can be made ahead for carefree entertaining.

CRUST

- 1 1/4 cups vanilla wafer crumbs
- 1/2 cup finely chopped pecans
- 1/4 cup margarine or butter, melted

FILLING

- 10-oz. pkg. frozen raspberries in syrup, thawed, drained, reserving liquid
- 2 cups (1 pint) raspberry sherbet
- 3 cups (1 1/2 pints) vanilla ice cream, slightly softened

SAUCE

- 1/4 cup sugar
- 1 tablespoon cornstarch
- Reserved raspberry liquid
- 2 tablespoons orange juice

Heat oven to 375°F. In medium bowl, combine all crust ingredients; press in bottom and up sides of 9-inch pie pan. Bake at 375°F. for 5 to 8 minutes. Cool. In large bowl, fold drained raspberries into sherbet. Add ice cream. Fold sherbet mixture into ice cream, swirling to marble. Spoon ice cream mixture into prepared crust. Freeze until firm.

Meanwhile, in small saucepan combine sugar and cornstarch; mix well. Stir in reserved raspberry liquid. Cook over medium heat until mixture becomes clear and thickened, stirring constantly. Stir in orange juice; cool. Let pie stand at room temperature a few minutes before serving. Cut into wedges; serve with sauce. 8 servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/8 of recipe		PER SERVING	
CALORIES	420	PROTEIN	6%
PROTEIN	4 g	VITAMIN A	10%
CARBOHYDRATE	57 g	VITAMIN C	10%
FAT	20 g	THIAMINE	8%
SODIUM	170 mg	RIBOFLAVIN	10%
POTASSIUM	240 mg	NIACIN	2%
		CALCIUM	10%
		IRON	4%

Apricot Ice

For a really smashing low calorie dessert, spoon Apricot Ice into Meringue Tart Shells (see Index) and drizzle with a spoonful of Raspberry Sauce, Blender Apricot Sauce or both!

- 1 envelope unflavored gelatin
- 1/2 cup orange juice
- 1/2 cup sugar
- 16-oz. can apricot halves, drained
- 16-oz. carton vanilla yogurt

In small saucepan, combine gelatin and orange juice; let stand 1 minute. Add sugar; stir over low heat until dissolved.

In blender container or food processor bowl with metal blade, puree drained apricots. In large bowl, combine apricots, gelatin mixture and yogurt; blend well. Freeze to slush consistency, about 1 1/2 to 2 hours. Beat at high speed until smooth and fluffy, about 5 minutes. Cover; freeze until firm, about 3 to 4 hours. 8 (1/2-cup) servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/2 cup		PER SERVING	
CALORIES	150	PROTEIN	6%
PROTEIN	4 g	VITAMIN A	20%
CARBOHYDRATE	32 g	VITAMIN C	10%
FAT	1 g	THIAMINE	2%
SODIUM	35 mg	RIBOFLAVIN	6%
POTASSIUM	230 mg	NIACIN	*
		CALCIUM	8%
		IRON	*

*Contains less than 2% of the U.S. RDA of this nutrient.

Frozen Chocolate Mousse Cake

For many the ultimate in chocolate desserts! One-half of a rich chocolate mousse mixture is baked into a cake-like base, then topped with remaining creamy mousse. It's smooth as satin.

- 8 eggs, separated
- $\frac{1}{8}$ teaspoon cream of tartar
- 1 cup sugar
- 12-oz. pkg. (2 cups) semi-sweet chocolate chips, melted
- 1 teaspoon vanilla
- $\frac{1}{3}$ cup raspberry preserves
- 1 cup whipping cream, whipped

TOPPING

- 1 to $1\frac{1}{2}$ cups fresh or frozen raspberries without syrup, thawed
- 2 tablespoons raspberry preserves, if desired

Heat oven to 350°F. Grease 10-inch springform pan. In large bowl, beat egg whites with cream of tartar until soft peaks form. Gradually add $\frac{1}{4}$ cup of the sugar until stiff peaks form; set aside.

In large bowl, beat egg yolks with $\frac{3}{4}$ cup of the sugar until thick and lemon colored, about 5 minutes. Add melted chocolate and vanilla; blend well. Fold egg white mixture into chocolate mixture until well blended. Pour half of mixture into prepared pan.

Refrigerate remaining mixture. Bake at 350°F. for 15 to 20 minutes or until set and center is no longer concave. Cool. (Mixture will fall as it cools.)

Gently spread preserves over cake. Fold whipped cream into remaining chocolate mixture. Spread over preserves. Cover; freeze several hours or until firm.

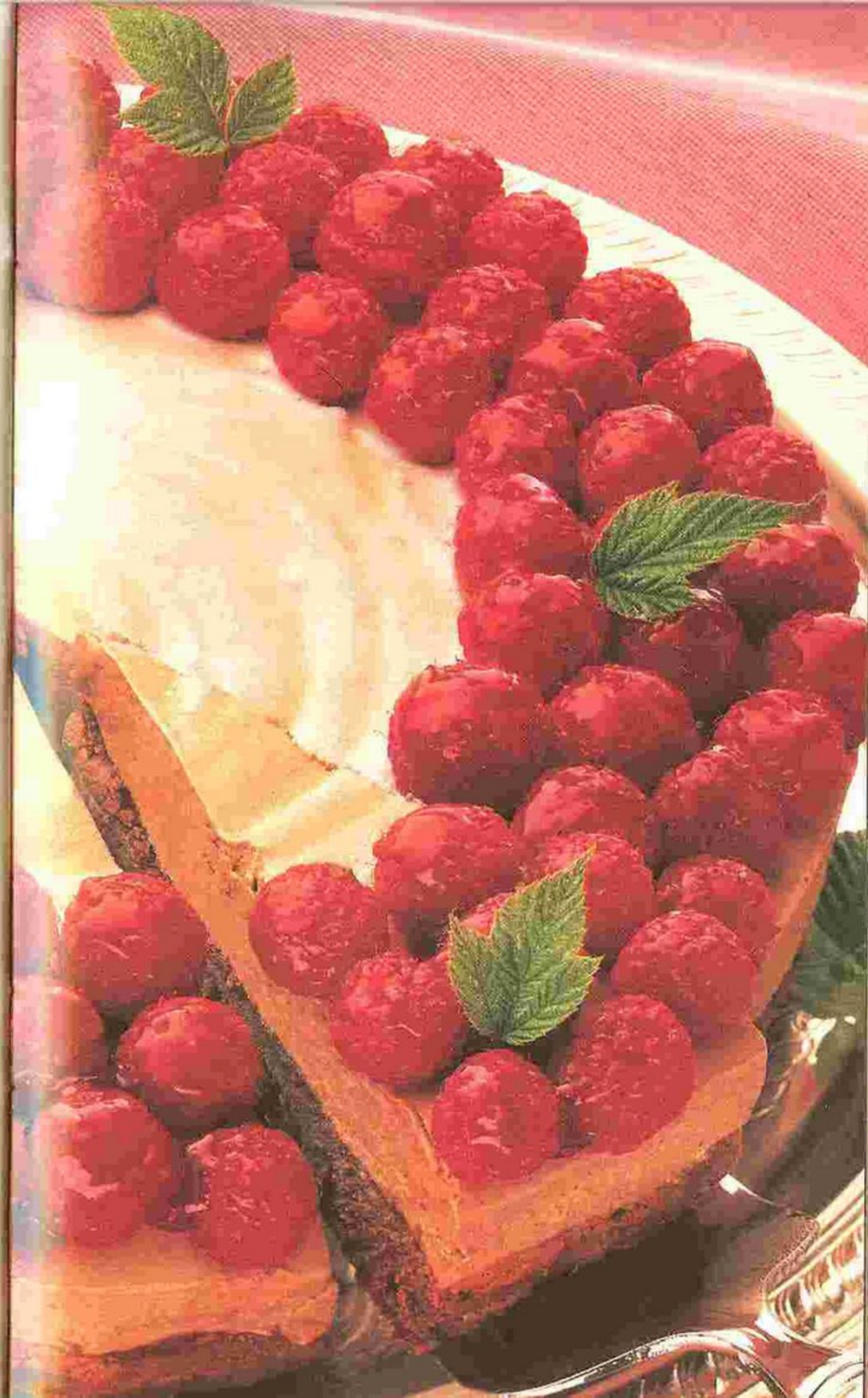
Shortly before serving, carefully remove sides of pan. Arrange raspberries in a 2-inch wide band around edge of cake. In small saucepan, warm 2 tablespoons preserves; brush over berries. 16 servings.

HIGH ALTITUDE - Above 3500 Feet:
No change.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA	
1/16 of recipe		PER SERVING	
CALORIES	290	PROTEIN	6%
PROTEIN	4 g	VITAMIN A	6%
CARBOHYDRATE	33 g	VITAMIN C	2%
FAT	16 g	THIAMINE	2%
SODIUM	40 mg	RIBOFLAVIN	6%
POTASSIUM	140 mg	NIACIN	*
		CALCIUM	2%
		IRON	6%

*Contains less than 2% of the U.S. RDA of this nutrient.



Coffee Toffee Alaska Pie

A delicious make-ahead ice cream dessert.

CRUST

- 1 1/4 cups chocolate wafer crumbs
- 1/4 cup margarine or butter, melted

FILLING

- 2 cups (1 pint) coffee ice cream, slightly softened
- 1/4 cup chocolate-flavored syrup
- 4 (1 1/8-oz.) toffee candy bars, crushed
- 2 cups (1 pint) chocolate ice cream, slightly softened

MERINGUE

- 5 egg whites
- 1/4 teaspoon cream of tartar
- 2/3 cup sugar

In medium bowl, combine chocolate wafer crumbs and margarine; press in bottom and up sides of 9-inch pie pan. Place in freezer for 15 minutes.

Spread coffee ice cream over chilled crust. Spoon chocolate syrup over coffee ice cream; sprinkle with 1/2 of the crushed candy. Place in freezer for 15 minutes. Spoon chocolate ice cream over candy layer; sprinkle with remaining candy. Freeze until very firm.

Heat oven to 450°F. Beat egg whites with cream of tartar until soft peaks form. Add sugar 1 tablespoon at a time, beating until stiff peaks form. Spread about 1/3 of meringue over pie, sealing to edge of crust. With pastry bag and large star tip or spoon, swirl remaining meringue over pie.

Bake at 450°F. for 2 to 3 minutes or until lightly browned. Return to freezer; freeze several hours or until firm. Let stand at room temperature a few minutes before serving. 8 servings.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:	PERCENT U.S. RDA
1/8 of recipe	PER SERVING
CALORIES 470	PROTEIN 10%
PROTEIN 6 g	VITAMIN A 10%
CARBOHYDRATE 55 g	VITAMIN C *
FAT 25 g	THIAMINE 20%
SODIUM 230 mg	RIBOFLAVIN 15%
POTASSIUM 230 mg	NIACIN 2%
	CALCIUM 10%
	IRON 4%

*Contains less than 2% of the U.S. RDA of this nutrient.

Toasted Coconut Freeze

A make-ahead, crustless, frozen pie that is even more delicious served with Cherry Raspberry Sauce or Blue-Berry Topping (see Index) from our sauce chapter.

- 2 egg whites
- 1/2 cup powdered sugar
- 2 cups whipping cream, whipped
- 1 cup coconut, toasted
- 1 teaspoon vanilla

In small bowl, beat egg whites until soft peaks form. Gradually add powdered sugar, beating until stiff peaks form. Fold in whipped cream, coconut and vanilla. Spoon into ungreased 9-inch pie pan. Freeze several hours or until firm. Cut into wedges and serve with your choice of sauce. 8 servings.

TIP: To toast coconut, spread on cookie sheet; bake at 375°F. for about 5 minutes or until light golden brown, stirring occasionally.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:	PERCENT U.S. RDA
1/8 of recipe	PER SERVING
CALORIES 280	PROTEIN 2%
PROTEIN 2 g	VITAMIN A 15%
CARBOHYDRATE 12 g	VITAMIN C *
FAT 25 g	THIAMINE *
SODIUM 35 mg	RIBOFLAVIN 4%
POTASSIUM 90 mg	NIACIN *
	CALCIUM 4%
	IRON *

*Contains less than 2% of the U.S. RDA of this nutrient.

Fudge Mint Ice Cream Torte

To speed up preparation of this brownie ice cream torte, ice cream layers can be wrapped in foil and frozen ahead.

- 21 1/2-oz. pkg. Pillsbury Deluxe Fudge Brownie Mix
- 1/2 cup very hot tap water
- 1/2 cup oil
- 1 egg
- 1/2 gallon (8 cups) chocolate chip mint ice cream, slightly softened

TOPPING

- 6-oz. pkg. layered wafer mint candies, reserving 3 or 4 mints for garnish
- 1/4 cup half-and-half

Heat oven to 350°F. Line three 8-inch round cake pans with foil; grease bottom of foil only. In large bowl, combine brownie mix, water, oil and egg; beat 50 strokes with spoon. Spread batter into prepared pans. Bake at 350°F. for 15 to 20 minutes. DO NOT OVERBAKE. Cool; remove brownie layer in foil from pan. Freeze 1 to 2 hours for easier handling.

Meanwhile line two 8-inch round cake pans with foil. Pack ice cream into prepared pans, leveling top. Freeze until firm.

To assemble, remove foil from brownie and ice cream layers. Place one brownie layer on serving plate; top with ice cream layer. Repeat with remaining brownie and ice cream layers, ending with brownie layer. In small saucepan over low heat, combine mints and half-and-half. Stir constantly until mints are melted and sauce is smooth. Spoon half of topping over top of torte. Freeze until serving time. To garnish, cut reserved mints in half diagonally and place wedges cut side down in spoke fashion in center of torte. Let stand at room temperature a

few minutes before serving. Cut into wedges; serve with remaining topping. 16 servings.

HIGH ALTITUDE - Above 3500 Feet: Add 2 tablespoons flour to dry brownie mix. Bake as directed above.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:	PERCENT U.S. RDA
1/16 of recipe	PER SERVING
CALORIES 410	PROTEIN 6%
PROTEIN 5 g	VITAMIN A 6%
CARBOHYDRATE 55 g	VITAMIN C *
FAT 19 g	THIAMINE 8%
SODIUM 230 mg	RIBOFLAVIN 15%
POTASSIUM 190 mg	NIACIN 4%
	CALCIUM 10%
	IRON 4%

*Contains less than 2% of the U.S. RDA of this nutrient.

Elegant Pineapple Boats

This sherbet-fruit combination served in pineapple shells is beautiful and delicious.

- 1 fresh pineapple
- 1/4 cup orange-flavored liqueur
- 1 pint raspberry sherbet
- Ruby Raspberry Sauce (see Index)

Cut pineapple in half lengthwise, keeping leaves intact; cut each half lengthwise into thirds. Hollow out pineapple; core and cube. Reserve pineapple shells for serving. In large bowl, combine pineapple cubes and liqueur; refrigerate several hours.

To serve, spoon a layer of sherbet onto each pineapple shell. Top with pineapple; drizzle with Ruby Raspberry Sauce. 6 servings.

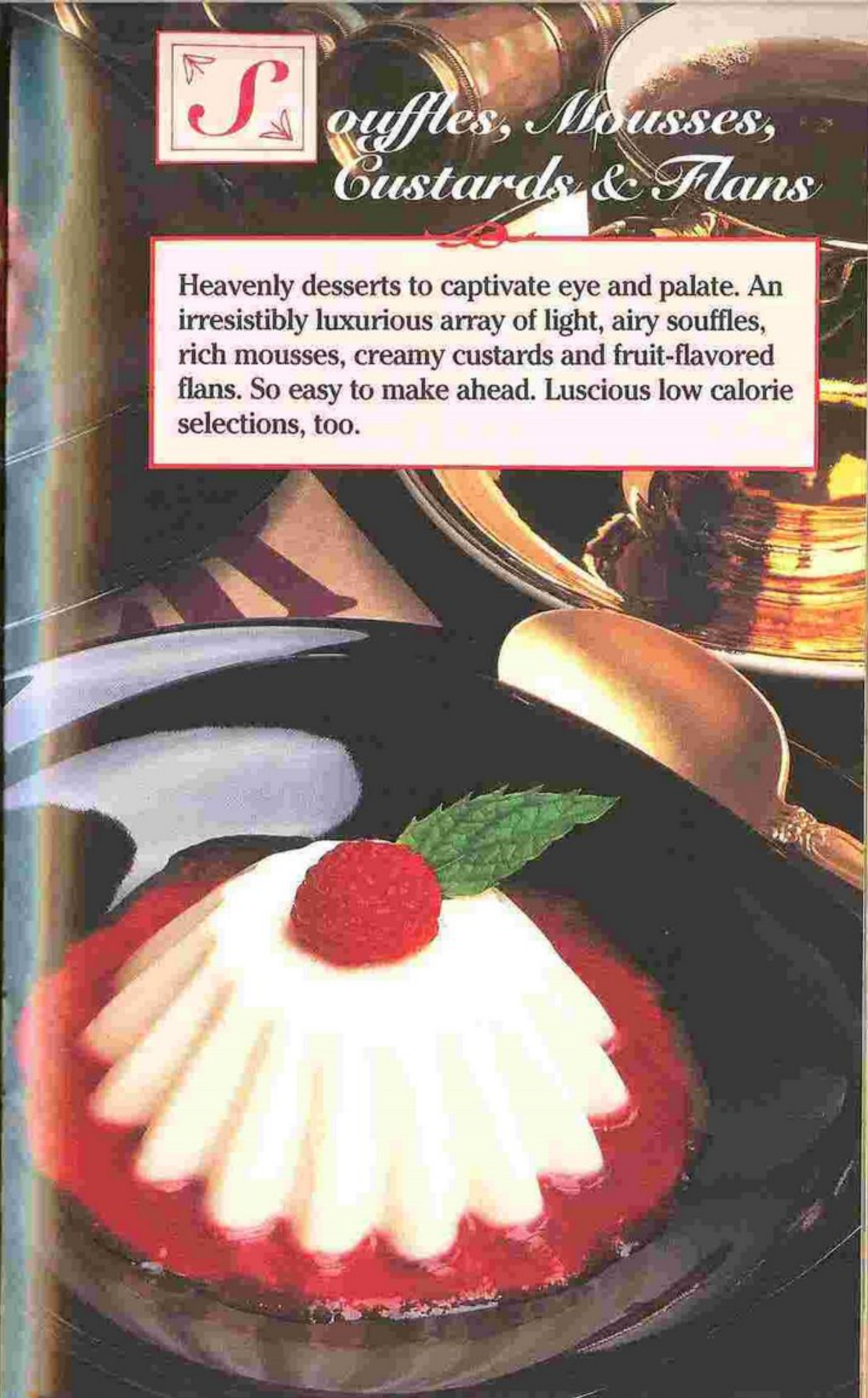
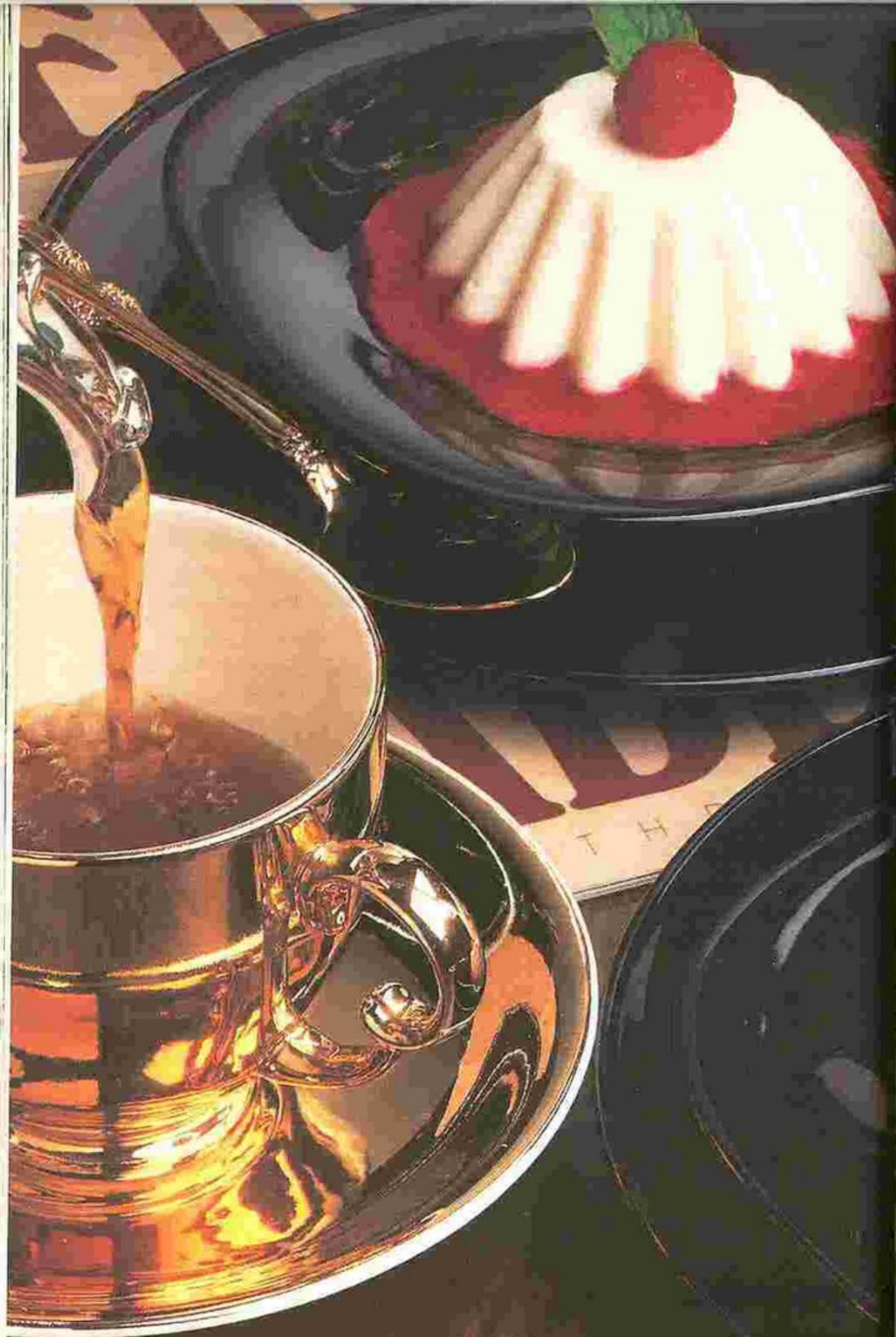
NUTRITION INFORMATION PER SERVING

SERVING SIZE:	PERCENT U.S. RDA
1/6 of recipe	PER SERVING
CALORIES 280	PROTEIN 2%
PROTEIN 1 g	VITAMIN A 2%
CARBOHYDRATE 66 g	VITAMIN C 45%
FAT 2 g	THIAMINE 8%
SODIUM 30 mg	RIBOFLAVIN 4%
POTASSIUM 250 mg	NIACIN 2%
	CALCIUM 4%
	IRON 4%



ouffles, Mousses, Custards & Flans

Heavenly desserts to captivate eye and palate. An irresistibly luxurious array of light, airy souffles, rich mousses, creamy custards and fruit-flavored flans. So easy to make ahead. Luscious low calorie selections, too.



Russian Cream

This extra smooth molded dessert is especially delightful when served with fresh berries or atop Ruby Raspberry Sauce (see Index).

- 1 envelope unflavored gelatin
- 1/2 cup water
- 1/2 cup sugar
- 3-oz. pkg. cream cheese, softened
- 1 cup whipping cream
- 1 cup dairy sour cream
- 1 teaspoon vanilla

In small saucepan, combine gelatin and water; let stand 1 minute. Add sugar; stir over medium heat until gelatin is dissolved. Cool slightly.

In small bowl, beat cream cheese until light and fluffy. Gradually add gelatin mixture, whipping cream, sour cream and vanilla; beat until well blended. Pour into 8 individual molds or large serving bowl. Refrigerate until firm. Unmold or spoon onto dessert plates. Serve with fresh fruit. 8 (1/2-cup) servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/2 cup		PER SERVING	
CALORIES	260	PROTEIN	4%
PROTEIN	3 g	VITAMIN A	15%
CARBOHYDRATE	15 g	VITAMIN C	*
FAT	21 g	THIAMINE	*
SODIUM	60 mg	RIBOFLAVIN	6%
POTASSIUM	80 mg	NIACIN	*
		CALCIUM	6%
		IRON	*

*Contains less than 2% of the U.S. RDA of this nutrient.

← Russian Cream
Ruby Raspberry Sauce on page 53

White Chocolate Mousse

Technically, white chocolate is not true chocolate since it does not contain the chocolate liquor from the cocoa bean. It is called chocolate since it contains cocoa butter. Regardless, it makes wonderful desserts!

- 1 cup whipping cream
- 4 egg yolks, room temperature
- 4 oz. vanilla-flavored candy coating, melted
- 1 teaspoon vanilla
- 1/4 cup butter, softened

In small bowl, whip cream until soft peaks form; set aside. In small bowl, beat egg yolks until thick and lemon colored, about 2 minutes. Gradually add melted candy coating and vanilla, beating continuously and scraping down sides of bowl occasionally. Add butter; beat 5 minutes until fluffy and smooth. Fold in whipped cream. Cover with plastic wrap; refrigerate until set. To serve, scoop or spoon mousse into individual serving dishes. If desired, serve with Bittersweet Chocolate Sauce or garnish with Chocolate Curls (see Index). 6 (1/2-cup) servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/2 cup		PER SERVING	
CALORIES	370	PROTEIN	6%
PROTEIN	4 g	VITAMIN A	20%
CARBOHYDRATE	13 g	VITAMIN C	*
FAT	34 g	THIAMINE	2%
SODIUM	105 mg	RIBOFLAVIN	6%
POTASSIUM	120 mg	NIACIN	*
		CALCIUM	4%
		IRON	6%

*Contains less than 2% of the U.S. RDA of this nutrient.

Apple Brandy Flan

An eye-catching low-calorie dessert.

FLAN

- 2 envelopes unflavored gelatin
- 1 1/2 cups water
- 3 tablespoons apple-flavored brandy or apple juice
- 2 cups unsweetened applesauce
- 2 (8-oz.) cartons lowfat vanilla yogurt

TOPPING

- 1 medium apple
- Lemon juice
- 3/4 cup water
- 1/4 cup apple-flavored brandy or apple juice
- 1/2 cup red currant jelly

In small saucepan, sprinkle gelatin over 1 1/2 cups water and 3 tablespoons brandy; let soften 5 minutes. Stir over medium heat 2 to 3 minutes, until gelatin is dissolved. Remove from heat. In large bowl, combine applesauce and gelatin mixture. Refrigerate about 45 minutes until slightly thickened, stirring occasionally. Beat 5 minutes at highest speed until light and fluffy. Fold in yogurt. Spoon mixture into 9 or 10-inch round serving dish, pie plate or flan pan. Refrigerate overnight.

Peel, if desired, core and cut apple into thin lengthwise slices. Toss with lemon juice to prevent browning. In large skillet, combine 3/4 cup water and 2 tablespoons of the brandy; bring to a boil. Add apple slices; reduce heat. Cover; simmer 3 to 5 minutes or until apple slices are tender but firm. Using slotted spoon, remove apple slices; drain on paper towels. Cool.

To unmold flan, dip bottom of dish in warm water for a few seconds. Invert serving plate on top of dish. Quickly invert to release flan onto plate; remove dish. In small saucepan, heat jelly and remaining 2 tablespoons brandy until melted. Remove from heat; cool slightly. Arrange apple slices on top of flan. Just before serving, drizzle about 1/4 cup of sauce over apples. Cut flan into wedges; serve with remaining sauce. Store in refrigerator. 8 to 10 servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/10 of recipe		PER SERVING	
CALORIES	160	PROTEIN	4%
PROTEIN	3 g	VITAMIN A	*
CARBOHYDRATE	30 g	VITAMIN C	15%
FAT	1 g	THIAMINE	*
SODIUM	35 mg	RIBOFLAVIN	6%
POTASSIUM	160 mg	NIACIN	*
		CALCIUM	8%
		IRON	*

*Contains less than 2% of the U.S. RDA of this nutrient.

Coffee Souffles

Mocha-flavored individual souffles.

- 1 envelope unflavored gelatin
- 1/4 cup milk
- 2 eggs, separated
- 1 1/4 cups milk
- 1/2 cup sugar
- 2 tablespoons instant coffee
- 1 teaspoon vanilla
- 3 tablespoons sugar
- 1 oz. (1 square) semi-sweet chocolate, coarsely grated
- 1 cup whipping cream, whipped

Tape or tie a 3-inch wide double-thick waxed paper band around top of six 4 or 5-oz. souffle or dessert dishes, allowing collar to stand 1 inch above edge of dish. Sprinkle gelatin over 1/4 cup milk; let stand 5 minutes. Beat egg yolks slightly; add 1 1/4 cups milk. In medium saucepan, combine 1/2 cup sugar and instant coffee; stir in egg yolk mixture. Cook over low heat until mixture thickens slightly, stirring constantly. Add gelatin, stirring until dissolved. Remove from heat; stir in vanilla. Refrigerate about 30 to 45 minutes or until slightly thickened.

In small bowl, beat egg whites until soft peaks form. Gradually add 3 tablespoons sugar, beating until stiff peaks form. Fold into coffee mixture. Fold grated chocolate into whipping cream; fold into coffee mixture. Spoon into prepared dishes. Refrigerate until set, about 45 to 60 minutes. To serve, carefully remove collars from dishes; garnish as desired. 6 servings.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA	
1/6 of recipe		PER SERVING	
CALORIES	310	PROTEIN	8%
PROTEIN	6 g	VITAMIN A	15%
CARBOHYDRATE	30 g	VITAMIN C	*
FAT	19 g	THIAMINE	2%
SODIUM	70 mg	RIBOFLAVIN	10%
POTASSIUM	190 mg	NIACIN	*
		CALCIUM	10%
		IRON	2%

*Contains less than 2% of the U.S. RDA of this nutrient.

Fresh Fruit In Rum Zabaglione

This rich rum-flavored custard complements a variety of fresh fruit.

- 1/3 cup sugar
- 1/4 to 1/3 cup rum
- 6 egg yolks, well beaten
- 1 teaspoon vanilla
- 1/2 cup whipping cream, whipped
- 3 cups sliced oranges, peaches or pears

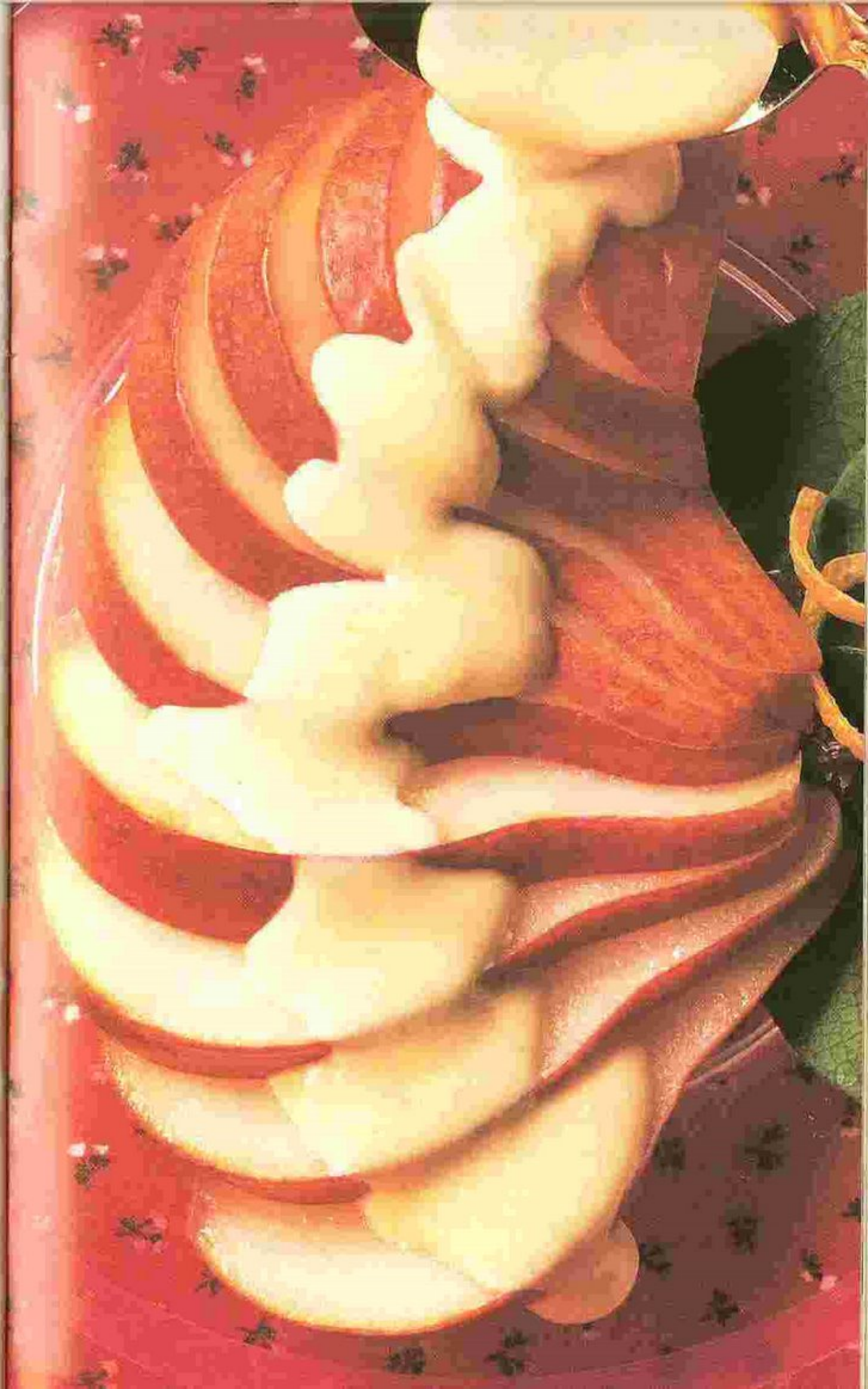
In top of double boiler or heavy saucepan, combine sugar, rum, egg yolks and vanilla; blend well. Cook over low heat, stirring constantly, until mixture thickens. **DO NOT BOIL.** Cover; refrigerate until cool. Fold in whipped cream.

Spoon fruit into stemmed glasses or dessert dishes. Spoon cooled zabaglione over fruit. Garnish as desired. 6 servings.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA	
1/6 of recipe		PER SERVING	
CALORIES	240	PROTEIN	6%
PROTEIN	4 g	VITAMIN A	15%
CARBOHYDRATE	21 g	VITAMIN C	70%
FAT	13 g	THIAMINE	8%
SODIUM	15 mg	RIBOFLAVIN	8%
POTASSIUM	180 mg	NIACIN	*
		CALCIUM	6%
		IRON	6%

*Contains less than 2% of the U.S. RDA of this nutrient.



Rich Orange Flan

A make-ahead light dessert. Just right to serve following a heavier meal.

- 3/4 cup sugar
- 3 tablespoons boiling water
- 6 eggs
- 14-oz. can sweetened condensed milk
- 15-oz. can evaporated milk
- 1/4 cup orange juice
- 2 tablespoons finely grated orange peel
- 1 teaspoon vanilla

Heat oven to 325°F. Spread sugar evenly over bottom of heavy skillet. Cook over medium heat, stirring constantly, until sugar melts and turns light caramel color. Add 3 tablespoons boiling water, stirring until sugar is dissolved. Pour into 8-inch (2-quart) square baking dish or 10-inch glass deep dish pie pan. Tilt to evenly cover bottom; set aside.

In medium bowl, combine remaining ingredients; beat at medium speed 1 to 2 minutes or until thoroughly blended. Pour over caramelized sugar. Place baking dish in large pan (broiler pan) with 1 inch hot water. Bake at 325°F. for 40 to 45 minutes or until mixture is almost set and knife inserted in center comes out clean. Cool completely; refrigerate. Loosen edges; invert onto serving plate. 10 to 12 servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/12 of recipe		PER SERVING	
CALORIES	240	PROTEIN	10%
PROTEIN	8 g	VITAMIN A	10%
CARBOHYDRATE	34 g	VITAMIN C	6%
FAT	8 g	THIAMINE	4%
SODIUM	110 mg	RIBOFLAVIN	20%
POTASSIUM	255 mg	NIACIN	*
		CALCIUM	20%
		IRON	4%

*Contains less than 2% of the U.S. RDA of this nutrient.

Lite Chocolate Mousse

A marvelous-tasting mousse that's only 90 calories per serving.

- 1 envelope unflavored gelatin
- 1/4 cup water
- 1 cup lowfat milk
- 1/2 cup semi-sweet chocolate chips
- 3 eggs, separated
- 1/4 teaspoon cream of tartar
- 2 tablespoons sugar

In small saucepan, combine gelatin and water; let stand 1 minute. Add milk; stir over medium heat until gelatin is dissolved. Stir in chocolate chips; continue cooking until chips are melted. Cool slightly.

In small bowl, beat egg yolks until thick and lemon colored. Stir in chocolate mixture; blend well. In small bowl, beat egg whites with cream of tartar until soft peaks form. Continue beating, gradually adding sugar until stiff peaks form. Fold into chocolate mixture. Pour into individual serving dishes. Refrigerate until firm. Garnish with chocolate dipped fruit or drizzle with a tablespoon of Blender Apricot Sauce or Ruby Raspberry Sauce (see Index). 10 (1/2-cup) servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/2 cup		PER SERVING	
CALORIES	90	PROTEIN	6%
PROTEIN	4 g	VITAMIN A	2%
CARBOHYDRATE	9 g	VITAMIN C	*
FAT	5 g	THIAMINE	*
SODIUM	35 mg	RIBOFLAVIN	4%
POTASSIUM	85 mg	NIACIN	*
		CALCIUM	4%
		IRON	2%

*Contains less than 2% of the U.S. RDA of this nutrient.

Chocolate Mousse

This rich, creamy mousse can be made ahead and frozen for up to one month. Thaw in the refrigerator before serving.

- 1/4 cup butter
- 8 oz. (8 squares) semi-sweet chocolate, cut into pieces
- 4 eggs, separated
- 1 teaspoon vanilla
- 1/4 cup sugar
- 1 cup whipping cream, whipped

In medium saucepan over low heat, melt butter and chocolate, stirring constantly. Remove from heat. In large bowl, combine 4 egg yolks and vanilla. Using wire whisk, gradually

add chocolate mixture to egg yolks, blending well. In small bowl, beat 4 egg whites until soft peaks form. Gradually add 1/4 cup sugar, beating until stiff peaks form. Fold egg whites into chocolate mixture. Fold in whipped cream. Refrigerate at least 1 hour. Serve with additional whipped cream, if desired. 12 (1/2-cup) servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/2 cup		PER SERVING	
CALORIES	250	PROTEIN	4%
PROTEIN	3 g	VITAMIN A	10%
CARBOHYDRATE	16 g	VITAMIN C	*
FAT	20 g	THIAMINE	*
SODIUM	70 mg	RIBOFLAVIN	4%
POTASSIUM	100 mg	NIACIN	*
		CALCIUM	2%
		IRON	4%

*Contains less than 2% of the U.S. RDA of this nutrient.

Chocolate Curls

See photo on page 52

In small saucepan over low heat, melt 4 oz. (4 squares) semi-sweet chocolate, stirring constantly. With spatula, spread in thin layers on inverted cookie sheets. Refrigerate until just firm but not brittle, about 10 minutes. Using metal spatula or pancake turner, scrape chocolate from pan making curls. (Chocolate curls will be as wide as spatula. For smaller curls use narrow spatula; for larger curls use pancake turner.) Transfer curls with toothpick to dessert.

TIP: To make Marble Chocolate Curls, melt 2 oz. (2 squares) semi-sweet chocolate and 2 oz. (1 cube) almond bark or vanilla-flavored candy coating. Spread on cookie sheets to marble. Continue as directed above.



T

arts

Grand finale tarts deliciously tempting and showy to serve. Inviting and mouth-watering flavor combinations—amaretto-peach, chocolate-raspberry and tantalizing fruits.

Derby Day Tart

This tart is an adaptation of a pie traditionally served on Kentucky Derby Day. We think you will enjoy serving it on any special day.

15-oz. pkg. Pillsbury All Ready Pie Crusts
1 teaspoon flour

FILLING

3 eggs
1 cup firmly packed brown sugar
1/4 cup flour
1/4 cup margarine or butter, melted
2 tablespoons bourbon
1/2 teaspoon vanilla
3/4 cup semi-sweet chocolate chips
1 cup chopped pecans

TOPPING

1/4 cup semi-sweet chocolate chips
1/2 cup whipping cream
2 tablespoons powdered sugar
2 teaspoons bourbon
Chocolate Dipped Nuts, if desired

Heat oven to 450°F. Prepare pie crust according to package directions for **unfilled one-crust pie** using 10-inch tart pan with removable bottom. (Refrigerate remaining crust for later

use.) Place prepared crust in pan; press in bottom and up sides of pan. Trim edges if necessary. Generously prick crust with fork. Bake at 450°F. for 9 to 11 minutes or until lightly browned. Cool. Reduce oven temperature to 350°F.

In small bowl, beat eggs. Add brown sugar, flour, margarine, 2 tablespoons bourbon and vanilla; beat until well blended. Stir in 3/4 cup chocolate chips and pecans. Pour into cooled crust. Bake at 350°F. for 25 to 30 minutes or until filling is set. Cool.

In small saucepan over low heat, melt 1/4 cup chocolate chips, stirring constantly; drizzle over pie.

Shortly before serving, whip cream with powdered sugar and 2 teaspoons bourbon. Garnish tart with whipped cream and Chocolate Dipped Nuts, using pecans (see below). Refrigerate leftovers. 8 to 10 servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:	1/10 of recipe	PERCENT U.S. RDA	PER SERVING
CALORIES	500	PROTEIN	6%
PROTEIN	5 g	VITAMIN A	8%
CARBOHYDRATE	48 g	VITAMIN C	*
FAT	32 g	THIAMINE	10%
SODIUM	220 mg	RIBOFLAVIN	6%
POTASSIUM	230 mg	NIACIN	2%
		CALCIUM	4%
		IRON	10%

*Contains less than 2% of the U.S. RDA of this nutrient.

Chocolate Dipped Nuts

See photo on page 70

In small saucepan over low heat, melt 1/2 oz. (1/2 square) semi-sweet chocolate. Dip small end of nut into chocolate. Place on waxed paper-covered cookie sheet. Refrigerate 15 to 20 minutes or until chocolate is set. Use as garnish or confection.

Meringue Tart Shells

Meringue shells are a very versatile dessert base to fill with a wide variety of ice creams and fruits. For best results, egg whites should be at room temperature and beaters and bowls should be absolutely grease free.

3 egg whites
1/4 teaspoon cream of tartar
1 cup powdered sugar
1/2 teaspoon almond extract

Heat oven to 250°F. Line large cookie sheet with brown or parchment paper. In medium bowl, beat egg whites with cream of tartar until foamy. Gradually add powdered sugar, beating until stiff peaks form. Fold in almond extract. Spoon about 1/2 cup of mixture onto prepared cookie sheet; spread into an oval or diamond shape, making indentation in center. Repeat with remaining meringue mixture.

Bake at 250°F. for 1 hour. Turn off oven; let meringues cool in oven several hours or overnight. Fill with Apricot Ice (see Index), your favorite ice cream or sweetened fruit and top with your choice of sauce. 8 tart shells.

HIGH ALTITUDE - Above 3500 Feet: Bake at 250°F. for 1 hour and 15 minutes. Turn off oven; let meringues cool in oven several hours or overnight.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:	1 shell	PERCENT U.S. RDA	PER SERVING
CALORIES	50	PROTEIN	*
PROTEIN	1 g	VITAMIN A	*
CARBOHYDRATE	13 g	VITAMIN C	*
FAT	0 g	THIAMINE	*
SODIUM	20 mg	RIBOFLAVIN	2%
POTASSIUM	15 mg	NIACIN	*
		CALCIUM	*
		IRON	*

*Contains less than 2% of the U.S. RDA of this nutrient.

Chocolate Tart Shells

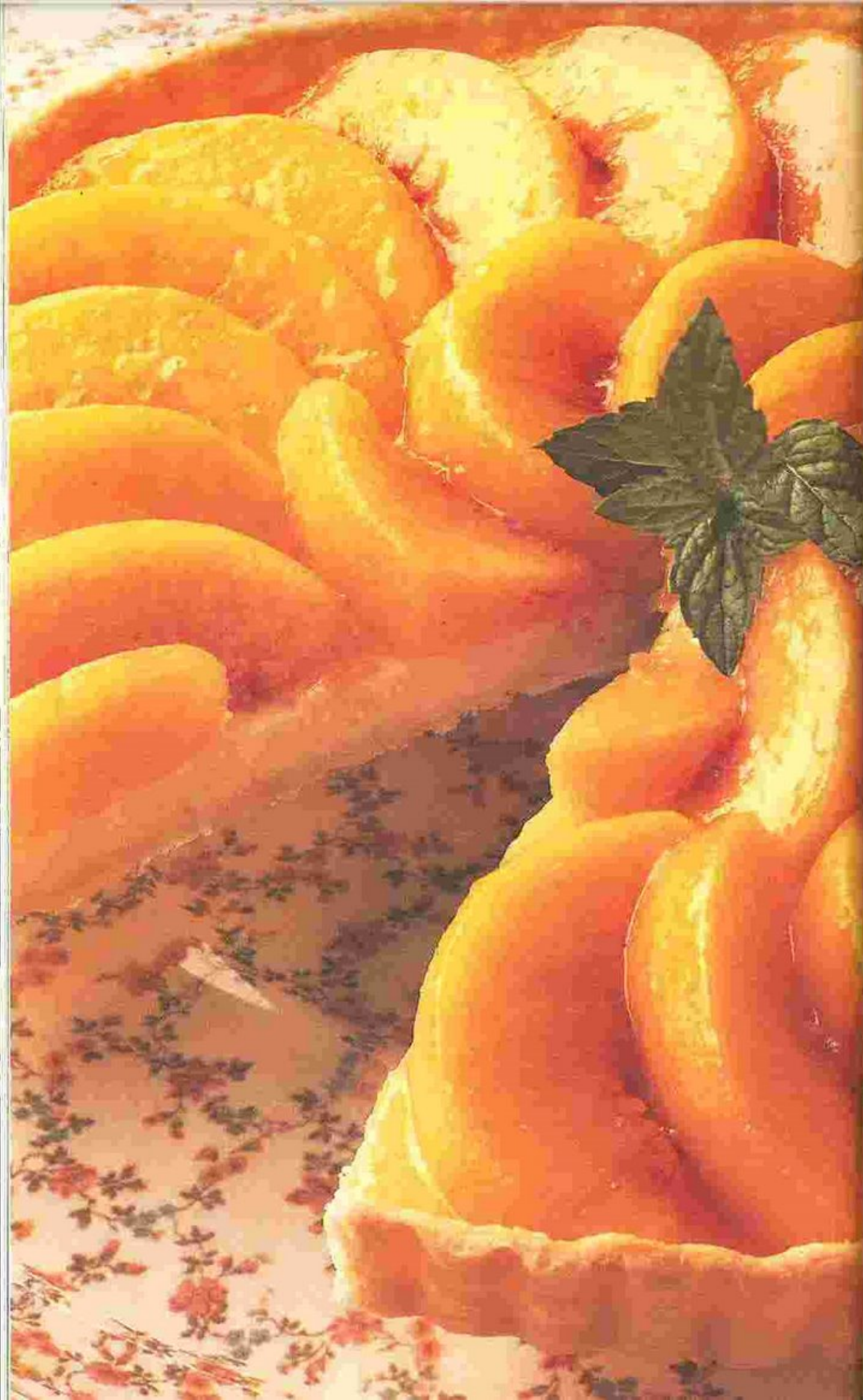
These impressive tart shells are not difficult to make. For variation, substitute white chocolate or almond bark for semi-sweet chocolate.

8 oz. (8 squares) semi-sweet chocolate, cut into pieces
2 tablespoons shortening

Line 8 muffin cups with foil or paper baking cups. In small saucepan over low heat, melt chocolate with shortening, stirring until smooth; remove from heat. Brush inside of cups with melted chocolate until about 1/8-inch thick. Refrigerate 5 to 10 minutes until chocolate is set. Apply second layer of chocolate over first layer. Refrigerate until chocolate is very firm. Remove foil from chocolate shell. Store in refrigerator or freezer until ready to use. To serve, fill with your favorite mousse, ice cream or fresh fruit. 8 to 9 shells.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:	1 shell	PERCENT U.S. RDA	PER SERVING
CALORIES	160	PROTEIN	*
PROTEIN	1 g	VITAMIN A	*
CARBOHYDRATE	14 g	VITAMIN C	*
FAT	12 g	THIAMINE	*
SODIUM	0 mg	RIBOFLAVIN	*
POTASSIUM	80 mg	NIACIN	*
		CALCIUM	*
		IRON	2%

*Contains less than 2% of the U.S. RDA of this nutrient.



★ *Amaretto Peach Tart*

This cheesecake-like filling is topped with a beautiful peach topping. Frozen peaches can vary in quality so choose brands carefully.

15-oz. pkg. Pillsbury All Ready Pie Crusts
1 teaspoon flour

FILLING

8-oz. pkg. cream cheese, softened
 $\frac{1}{3}$ cup sugar
2 tablespoons amaretto
 $\frac{1}{4}$ teaspoon almond extract
2 eggs

TOPPING

16-oz. pkg. frozen sliced peaches without syrup, thawed, well drained
2 tablespoons peach preserves
1 tablespoon amaretto
Mint leaves, if desired

Heat oven to 450°F. Prepare pie crust according to package directions for **unfilled one-crust pie** using 10-inch tart pan with removable bottom. (Refrigerate remaining crust for later use.) Place prepared crust in pan; press in bottom and up sides of pan. Trim edges if necessary. Generously prick crust with fork. Bake at 450°F. for 9 to 11 minutes or until lightly browned. Cool. Reduce oven temperature to 375°F.

In medium bowl, combine cream cheese and sugar; beat until light and fluffy. Add 2 tablespoons amaretto, almond extract and eggs; blend well. Pour into cooled crust. Bake at 375°F. for 18 to 22 minutes or until filling is set. Cool; refrigerate.

Shortly before serving, arrange peach slices over tart. In small saucepan, heat preserves and 1 tablespoon amaretto; cool slightly. Strain mixture if desired. Brush over peaches. Garnish with fresh mint leaves. Refrigerate leftovers. 10 servings.

TIP: Cover edge of pie crust with strip of foil during last 10 to 15 minutes of baking if necessary to prevent excessive browning.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/10 of recipe		PERCENT U.S. RDA PER SERVING	
CALORIES	260	PROTEIN	6%
PROTEIN	4 g	VITAMIN A	10%
CARBOHYDRATE	28 g	VITAMIN C	4%
FAT	15 g	THIAMINE	*
SODIUM	210 mg	RIBOFLAVIN	6%
POTASSIUM	140 mg	NIACIN	2%
		CALCIUM	2%
		IRON	2%

*Contains less than 2% of the U.S. RDA of this nutrient.

Cherry-Berry Lattice Tart

In this recipe we've added some new twists to the traditional cherry pie—with the use of convenience products it couldn't be easier.

15-oz. pkg. Pillsbury All Ready Pie Crusts
1 teaspoon flour

FILLING

1 tablespoon cornstarch
2 to 4 tablespoons sugar
21-oz. can cherry fruit pie filling
1 cup fresh or frozen cranberries

GLAZE

¼ cup powdered sugar
1 to 2 teaspoons orange juice

Prepare pie crust according to package directions for **two-crust pie** using 10-inch tart pan with removable bottom. Heat oven to 375°F. Place 1 prepared crust in pan; press in bottom and up sides of pan. Trim edges if necessary. In medium saucepan, combine cornstarch and sugar. Stir in pie filling and cranberries. Heat over medium heat until hot and bubbly. Spoon into pie crust-lined pan.

To make lattice top, cut remaining crust into ½-inch wide strips. Arrange strips in lattice design over cherry mixture. Trim and seal edges. Bake at 375°F. for 55 to 65 minutes or until golden brown. Cool 1 hour.

In small bowl, combine glaze ingredients; drizzle over slightly warm tart. Serve with ice cream, if desired. 10 servings.

TIP: Cover tart with foil during last 15 to 20 minutes of baking if necessary to prevent excessive browning.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/10 of recipe		PERCENT U.S. RDA PER SERVING	
CALORIES	340	PROTEIN	2%
PROTEIN	2 g	VITAMIN A	2%
CARBOHYDRATE	55 g	VITAMIN C	4%
FAT	13 g	THIAMINE	*
SODIUM	260 mg	RIBOFLAVIN	*
POTASSIUM	75 mg	NIACIN	*
		CALCIUM	*
		IRON	*

*Contains less than 2% of the U.S. RDA of this nutrient.

Chocolate Marble Mousse Tart

The white chocolate spiral design on this tart makes it truly spectacular.

15-oz. pkg. Pillsbury All Ready Pie Crusts
1 teaspoon flour

FILLING

¾ cup whipping cream
3 eggs, separated
2 oz. white chocolate or almond bark, melted
6-oz. pkg. (1 cup) semi-sweet chocolate chips
¼ cup powdered sugar

Heat oven to 450°F. Prepare pie crust according to package directions for **unfilled one-crust pie** using 10-inch tart pan with removable bottom. (Refrigerate remaining crust for later use.) Place prepared crust in pan; press in bottom and up sides of pan. Trim edges if necessary. Generously prick crust with fork. Bake at 450°F. for 9 to 11 minutes or until lightly browned. Cool.

In medium saucepan, combine cream and slightly beaten egg yolks. Cook over low heat until mixture coats a metal spoon, stirring constantly. Remove from heat. Stir 2 tablespoons of egg mixture into melted white chocolate; set aside. Stir chocolate chips into remaining egg mixture; heat until melted. Refrigerate chocolate chip mixture 15 to 20 minutes or until slightly thickened.

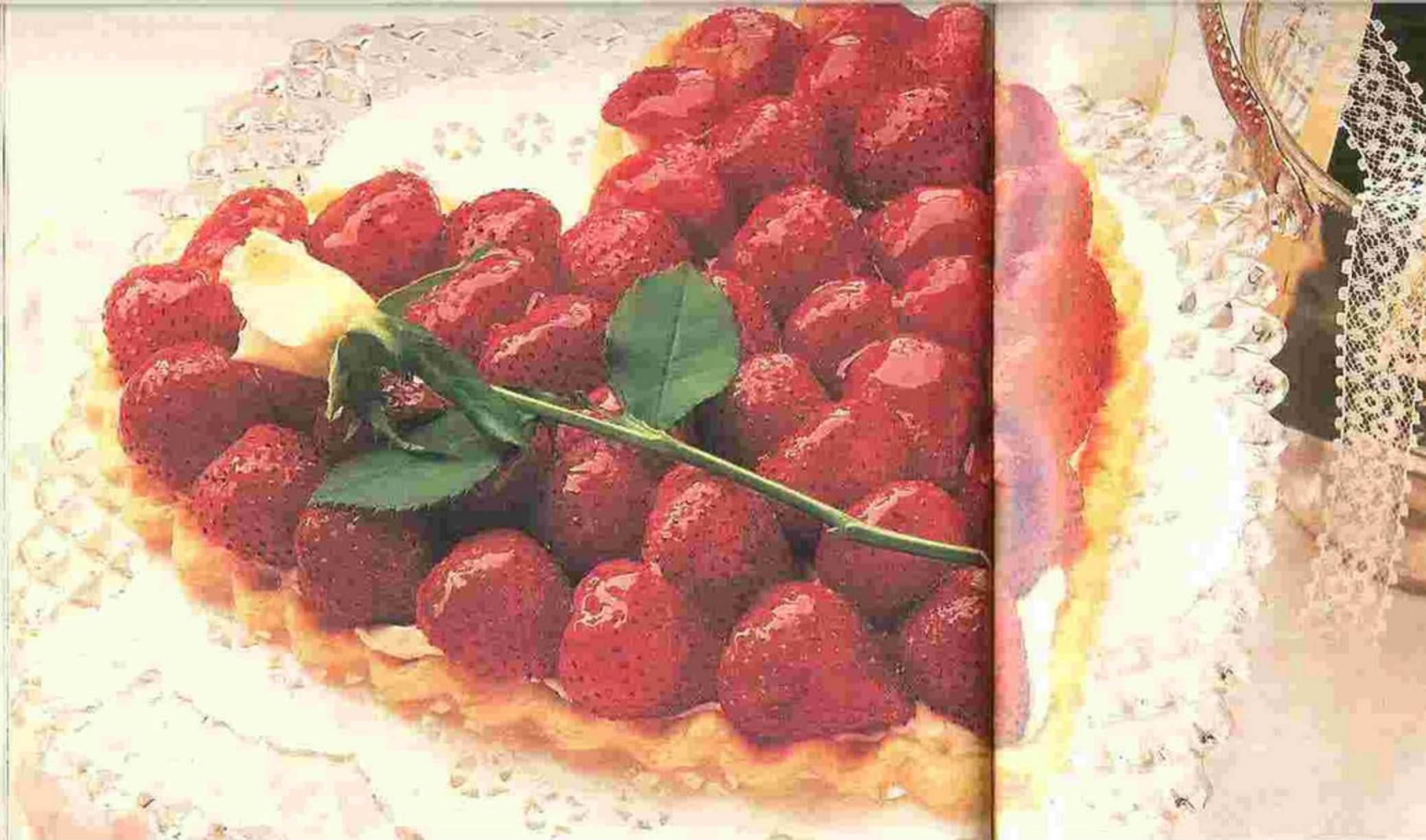
Meanwhile, in small bowl beat egg whites until soft peaks form. Gradually add powdered sugar and continue beating until stiff peaks form. Fold egg white mixture into chocolate chip mixture until well blended. Pour into cooled baked crust.

Drizzle white chocolate mixture in spiral design over chocolate filling. (If mixture is too stiff to drizzle, heat slightly over low heat.) Starting at center, immediately draw knife through spiral to form a web design. Refrigerate until firm. 10 servings.

NUTRITION INFORMATION PER SERVING

SERVING SIZE: 1/10 of recipe		PERCENT U.S. RDA PER SERVING	
CALORIES	320	PROTEIN	6%
PROTEIN	4 g	VITAMIN A	6%
CARBOHYDRATE	26 g	VITAMIN C	*
FAT	23 g	THIAMINE	*
SODIUM	160 mg	RIBOFLAVIN	4%
POTASSIUM	115 mg	NIACIN	*
		CALCIUM	2%
		IRON	4%

*Contains less than 2% of the U.S. RDA of this nutrient.



Strawberry Heart Tart[†]

It's wonderful that fresh strawberries are now often available in mid-winter. This easy-to-make tart would be a lovely Valentine's Day gift.

- 15-oz. pkg. Pillsbury All Ready Pie Crusts**
- 1 teaspoon flour**
- 3 tablespoons red currant jelly**
- 1 teaspoon orange-flavored liqueur or orange juice**
- 8-oz. pkg. cream cheese, softened**
- ¼ cup powdered sugar**
- 1 tablespoon orange-flavored liqueur or orange juice**
- 3 to 4 cups strawberries, cut in half**

Heat oven to 450°F. Allow 1 crust pouch to sit at room temperature 15 to 20 minutes. (Refrigerate remaining crust for later use.) Remove crust from pouch; unfold. Sprinkle flour over crust. Turn crust, flour side down, on ungreased cookie sheet. Using paper pattern as guide, cut crust in heart shape.* Fold edges in ½ inch and flute. Generously prick crust with fork. Bake at 450°F. for 9 to 11 minutes or until golden brown. Cool.

In small saucepan, heat jelly with 1 teaspoon liqueur until melted; brush a thin layer over crust. In small bowl, combine cream cheese, powdered sugar and 1 tablespoon liqueur; beat until smooth. Spread over crust.

Arrange strawberry halves, overlapping slightly, cut side down over cream cheese mixture. Brush with remaining jelly mixture. Refrigerate until serving time. 8 to 10 servings.

TIP: *To make pattern, cut a piece of paper into a heart shape, about 10½ inches high.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/10 of recipe		PER SERVING	
CALORIES	230	PROTEIN	4%
PROTEIN	3 g	VITAMIN A	6%
CARBOHYDRATE	22 g	VITAMIN C	60%
FAT	15 g	THIAMINE	*
SODIUM	200 mg	RIBOFLAVIN	4%
POTASSIUM	140 mg	NIACIN	*
		CALCIUM	2%
		IRON	2%

*Contains less than 2% of the U.S. RDA of this nutrient.

Almond Tart Jubilee

The crust can be baked ahead and frozen. When you need a dessert in a hurry, simply thaw and add the topping.

CRUST

- 1 pkg. Pillsbury Plus Yellow Cake Mix**
- ⅔ cup graham cracker crumbs**
- ½ cup chopped nuts**
- ½ cup margarine or butter, softened**
- 1 egg**

TOPPING

- 8-oz. pkg. cream cheese, softened**
- 21-oz. can cherry fruit pie filling**
- ½ cup sliced almonds**

Heat oven to 350°F. In large bowl, combine cake mix, graham cracker crumbs, nuts and margarine at low speed until crumbly. Blend in egg. Press mixture in ungreased 12-inch tart pan or 12-inch pizza pan. Bake at 350°F. for 15 to 18 minutes or until golden brown. Cool completely.

In small bowl, beat cream cheese until fluffy; spread over crust. Spoon pie filling into center; spread to within 1 inch of edge of cream cheese. Sprinkle almond slices on rim of cream cheese. Cut into wedges to serve. Store in refrigerator. 12 servings.

HIGH ALTITUDE - Above 3500 Feet: No change.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/12 of recipe		PER SERVING	
CALORIES	500	PROTEIN	8%
PROTEIN	6 g	VITAMIN A	15%
CARBOHYDRATE	61 g	VITAMIN C	2%
FAT	26 g	THIAMINE	10%
SODIUM	455 mg	RIBOFLAVIN	10%
POTASSIUM	145 mg	NIACIN	6%
		CALCIUM	6%
		IRON	8%

Orange Pear Tart

A lovely dessert with a light "not too sweet" flavor.

15-oz. pkg. Pillsbury All Ready
Pie Crusts
1 teaspoon flour

FILLING

1 envelope unflavored
gelatin
2 tablespoons sugar
3/4 cup orange juice
16-oz. carton vanilla yogurt
16-oz. can pear halves, well
drained, thinly sliced
2 orange slices, cut in
sixths

GLAZE

1 tablespoon apricot
preserves
2 teaspoons orange juice

Heat oven to 450°F. Prepare pie crust according to package directions for **unfilled one-crust pie** using 10-inch tart pan with removable bottom. (Refrigerate remaining crust for later use.) Place prepared crust in pan; press in bottom and up sides of pan. Trim edges if necessary. Generously prick crust with fork. Bake at 450°F. for 9 to 11 minutes or until lightly browned. Cool.

In small saucepan, combine gelatin, sugar and 1/4 cup of the orange juice; let stand 1 minute. Stir over medium heat until gelatin is dissolved. Cool slightly. Stir in 1/2 cup orange juice and yogurt. Pour into cooled crust. Refrigerate until filling is firm.

Shortly before serving, arrange pear slices in concentric circles over tart. Insert orange pieces between pear slices. In small saucepan, heat preserves with 2 teaspoons orange juice until melted. Cool slightly. Strain mixture, if desired. Brush over fruit. Refrigerate. 10 servings.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/10 of recipe		PER SERVING	
CALORIES	190	PROTEIN	4%
PROTEIN	3 g	VITAMIN A	*
CARBOHYDRATE	30 g	VITAMIN C	10%
FAT	7 g	THIAMINE	2%
SODIUM	160 mg	RIBOFLAVIN	6%
POTASSIUM	190 mg	NIACIN	*
		CALCIUM	8%
		IRON	*

*Contains less than 2% of the U.S. RDA of this nutrient.

White And Dark Chocolate Raspberry Tart

This elegant tart can be a year-round favorite. Omit the fresh raspberries when unavailable. Vanilla candy coating or vanilla milk chips perform equally well in the white chocolate layer.

CRUST

15-oz. pkg. Pillsbury All Ready
Pie Crusts
1 teaspoon flour

FILLING

10-oz. pkg. frozen raspberries
with syrup, thawed
1 tablespoon cornstarch
1 tablespoon sugar
1 cup fresh raspberries, if
desired
1/2 cup margarine or butter
1/3 cup sugar
4 oz. white chocolate or
vanilla-flavored candy
coating, melted
2 eggs
2 oz. (2 squares) semi-
sweet chocolate, cut
into pieces
2 tablespoons margarine or
butter

Heat oven to 450°F. Prepare pie crust according to package directions for **unfilled one-crust pie** using ungreased 10-inch tart pan with removable bottom or 10-inch springform pan. (Refrigerate remaining crust for later use.) Place prepared crust in pan; press in bottom and 1 inch up sides of pan. Trim edges. Generously prick crust with fork. Bake at 450°F. for 9 to 11 minutes or until lightly browned. Cool completely.

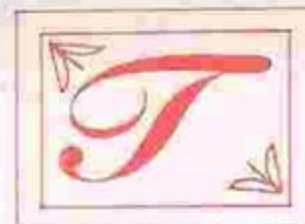
Puree frozen thawed raspberries in blender container or food processor bowl with metal blade; strain and discard seeds. In small saucepan, combine cornstarch and 1 tablespoon sugar; blend well. Gradually add raspberry puree. Cook over low heat until thickened, stirring constantly. Cool. Spread over crust. Arrange fresh raspberries over raspberry layer. Refrigerate.

In small bowl, beat 1/2 cup margarine and 1/3 cup sugar until light and fluffy. Gradually add melted white chocolate, beating constantly. Add eggs one at a time, beating at highest speed 3 minutes after each addition. Pour over raspberries; refrigerate. In small saucepan over low heat, melt semi-sweet chocolate with 2 tablespoons margarine, stirring constantly. Carefully spread over white chocolate layer. Refrigerate at least 2 hours or until set. To serve, let stand at room temperature about 30 minutes to soften chocolate layers. 10 servings.

TIP: Four ounces (2/3 cup) vanilla milk chips can be substituted for the white chocolate.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/10 of recipe		PER SERVING	
CALORIES	370	PROTEIN	4%
PROTEIN	3 g	VITAMIN A	10%
CARBOHYDRATE	37 g	VITAMIN C	10%
FAT	24 g	THIAMINE	*
SODIUM	260 mg	RIBOFLAVIN	4%
POTASSIUM	135 mg	NIACIN	*
		CALCIUM	2%
		IRON	4%

*Contains less than 2% of the U.S. RDA of this nutrient.



tortes

Enticing tortes to impress family and friends. A sumptuous medley of luscious fillings, creamy toppings and accenting garnishes. All are yummy and delicious, memorable to the last morsel.



Lemon Creme Torte

This impressive torte can easily be made with other flavors of cake and pudding. Try devil's food cake mix and fudge pudding for a chocolate torte sensation.

CAKE

- 1 pkg. Pillsbury Plus Lemon Cake Mix
- 1 cup water
- 1/3 cup oil
- 3 eggs
- 1/2 teaspoon grated lemon peel

FILLING

- 3-oz. pkg. lemon pudding and pie filling mix (not instant)
- 1/2 cup sugar
- 2 cups water
- 1/4 teaspoon grated lemon peel
- 2 egg yolks
- 1 cup whipping cream, whipped
- Lemon Rose, if desired (see below)

Heat oven to 350°F. Grease and flour two 8-inch round cake pans. In large bowl, combine all cake ingredients at low speed until moistened; beat 2 minutes at **highest** speed. Pour batter into prepared pans. Bake at 350°F. for 30 to 40 minutes or until toothpick inserted in center comes out clean.

Cool 15 minutes; remove from pans. Cool completely. Split each cake layer in half horizontally to form 4 layers.

In small saucepan, combine pudding mix and sugar. Stir in 2 cups water, 1/4 teaspoon lemon peel and egg yolks; blend well. Cook over medium heat until mixture comes to a boil, stirring constantly. Cool 15 minutes; spread 2 tablespoons warm pudding mixture over cut surface of each cake layer. Cover cake layers and remaining pudding mixture with plastic wrap. Cool remaining pudding mixture completely. Fold whipped cream into cooled pudding mixture.

To assemble torte, place 1 cake layer cut side up on serving plate. Spread with 1/4 of filling mixture. Top with a second cake layer cut side down; spread with another 1/4 of filling. Repeat with remaining layers. Spread remaining filling over top of torte to within 1 inch of edge. Refrigerate until serving. Garnish with Lemon Rose and lemon zest. 12 servings.

HIGH ALTITUDE - Above 3500 Feet: Add 3 tablespoons flour to dry cake mix. Bake at 375°F. for 25 to 35 minutes.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/12 of recipe		PER SERVING	
CALORIES	390	PROTEIN	6%
PROTEIN	4 g	VITAMIN A	8%
CARBOHYDRATE	49 g	VITAMIN C	8%
FAT	20 g	THIAMINE	8%
SODIUM	330 mg	RIBOFLAVIN	8%
POTASSIUM	55 mg	NIACIN	4%
		CALCIUM	6%
		IRON	6%

*Contains less than 2% of the U.S. RDA of this nutrient.

Lemon Rose

See photo on page 82

With sharp paring knife and starting at top of lemon, cut a continuous strip of peel about 3/4-inch wide in spiral fashion tapering to the opposite end to remove. Curl the strip into a rose shape. Secure at the base with toothpick. Trim toothpick and base, if necessary. Place on frosted cake. Garnish with mint leaves, if desired.

Dark Chocolate Sacher Torte

A wonderful European inspired torte. Garnish with an Apricot Rose (below) and Chocolate Leaves (see Index) for a very impressive dessert.

- 1/2 cup finely chopped dried apricots
- 1/2 cup rum*
- 1 pkg. Pillsbury Plus Dark Chocolate Cake Mix
- 3/4 cup water
- 1/3 cup oil
- 3 eggs

GLAZE

- 2 (10 1/2 oz.) jars apricot preserves
- 2 tablespoons rum**

FROSTING

- 6-oz. pkg. (1 cup) semi-sweet chocolate chips
- 3/4 cup margarine or butter
- 1/2 to 1 cup sliced almonds

Heat oven to 350°F. Grease and flour two 9 or 8-inch round cake pans. Soften apricots in 1/2 cup rum for 10 minutes. In large bowl, combine cake mix, water, oil, eggs and apricot-rum mixture at low speed until moistened; beat 2 minutes at **highest** speed. Pour into prepared pans.

Bake at 350°F. Bake 9-inch layers 25 to 35 minutes; 8-inch layers 35 to 45 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes; remove from pans. Cool completely. In small saucepan, heat preserves and 2 tablespoons rum over low heat until preserves are melted; strain to remove large apricot pieces. Gently slice each cake layer in half horizontally to make 4 layers. Place 1 layer on serving plate; spread with 1/4 cup apricot glaze. Repeat with remaining cake layers and glaze, ending with cake layer. Spread remaining glaze over top and sides of

cake. Refrigerate 1 hour or until glaze is set.

In small saucepan, heat chocolate chips and margarine over low heat, stirring constantly, until chocolate is melted. Refrigerate about 30 minutes or until slightly thickened, stirring occasionally. Spread frosting over top and sides of cake. If desired, arrange 6 almond slices on top of cake. Press remaining almond slices into frosting on sides of cake. Refrigerate at least 1 hour before serving. Garnish as desired. 16 servings.

TIPS: *To substitute for rum in cake, use 2 teaspoons rum extract plus water to make 1/2 cup.

**To substitute for rum in glaze, use 2 tablespoons water plus 1 teaspoon rum extract.

HIGH ALTITUDE - Above 3500 Feet: Add 3 tablespoons flour to dry cake mix. Bake at 375°F. for 30 to 40 minutes.

NUTRITION INFORMATION PER SERVING			
SERVING SIZE:		PERCENT U.S. RDA	
1/16 of recipe		PER SERVING	
CALORIES	490	PROTEIN	6%
PROTEIN	5 g	VITAMIN A	15%
CARBOHYDRATE	59 g	VITAMIN C	2%
FAT	25 g	THIAMINE	6%
SODIUM	315 mg	RIBOFLAVIN	8%
POTASSIUM	215 mg	NIACIN	4%
		CALCIUM	10%
		IRON	10%

Apricot Rose

Sugar
3 to 4 dried apricot halves

Sprinkle sugar on waxed paper. Place apricot halves over sugar. Sprinkle with additional sugar. Place second sheet of waxed paper over apricot halves. With rolling pin, roll out apricot halves until about double in size. Roll one half tightly at a slight angle to form center of rose. Loosely wrap remaining halves around center, overlapping slightly and shaping edges like rose petals. Press together at base and trim if necessary. Place on frosted cake. Garnish with Chocolate Leaves, if desired.

Napolean Torte

An easy, four-layer torte reminiscent of elegant Napoleon pastries.

CAKE

- 1 pkg. Pillsbury Plus Butter Recipe Cake Mix
- 1 cup water
- 1/2 cup margarine or butter, softened
- 3 eggs
- 1 teaspoon almond extract

FILLING

- 3 1/2-oz. pkg. instant vanilla pudding and pie filling mix
- 1 1/2 cups milk
- 1/4 cup amaretto
- 1 cup whipping cream, whipped

GLAZE

- 1/2 oz. (1/2 square) semi-sweet chocolate
- 1/2 teaspoon oil
- 1 cup powdered sugar
- 1/2 teaspoon amaretto
- 2 to 4 teaspoons milk

Heat oven to 325°F. Grease and flour two 9-inch round cake pans. In large bowl, combine all cake ingredients at low speed until moistened; beat 2 minutes at **highest** speed. Pour batter into prepared pans. Bake at 325°F. for 30 to 40 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes; remove from pans. Cool completely.

In large bowl, combine pudding mix, 1 1/2 cups milk and 1/4 cup amaretto. Beat at low speed until well blended, about 2 minutes; let stand 5 minutes. Fold in whipped cream until well blended.

To assemble torte, split each cake layer in half horizontally to form 4 layers. Place 1 layer on serving plate. Spread with 1/3 of filling. Repeat with remaining cake layers and filling, ending with cake layer.

In small saucepan over low heat, melt chocolate with oil, stirring until smooth; set aside. In small bowl, blend powdered sugar, 1/2 teaspoon amaretto and 2 to 4 teaspoons milk until smooth and of desired consistency. Spread glaze over top of cake.

Spoon chocolate in parallel horizontal lines about 1 inch apart over top of glazed cake. Immediately draw knife in parallel vertical lines through glaze to form decorative effect. Refrigerate until serving. 12 servings.

HIGH ALTITUDE - Above 3500 Feet: Add 3 tablespoons flour to dry cake mix. Bake at 350°F. for 25 to 35 minutes.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA	
1/12 of recipe		PER SERVING	
CALORIES	440	PROTEIN	8%
PROTEIN	5 g	VITAMIN A	15%
CARBOHYDRATE	57 g	VITAMIN C	*
FAT	22 g	THIAMINE	6%
SODIUM	360 mg	RIBOFLAVIN	6%
POTASSIUM	110 mg	NIACIN	4%
		CALCIUM	10%
		IRON	6%

*Contains less than 2% of the U.S. RDA of this nutrient.

Strawberry Mousse Chocolate Torte

Strawberry slices arranged in a petal design accent the top of this rich chocolate-strawberry torte. This strawberry filling and topping work well with other flavors of cake.

CAKE

- 1 pkg. Pillsbury Plus Dark Chocolate Cake Mix
- 1 cup water
- 1/2 cup dairy sour cream
- 1/3 cup oil
- 3 eggs

FILLING

- 10-oz. pkg. frozen strawberries with syrup, thawed, drained, reserving liquid
- 1 envelope unflavored gelatin
- 1/4 cup sugar
- 2 tablespoons lemon juice
- 2 cups whipping cream, whipped
- 1/4 teaspoon vanilla

- 1 pint fresh strawberries, thinly sliced, reserving one whole strawberry

Heat oven to 350°F. Grease and flour two 9-inch round cake pans. (Eight-inch round cake pans are not recommended.) In large bowl, combine all cake ingredients at low speed until moistened; beat 2 minutes at **highest** speed. Pour batter into prepared pans. Bake at 350°F. for 25 to 35 minutes or until cake springs back when touched lightly in center. Cool 15 minutes; remove from pans. Cool completely.

In small saucepan, combine gelatin and reserved strawberry liquid; let stand 1 minute. Add sugar and lemon juice; stir over low heat until sugar and gelatin are dissolved. Refrigerate until slightly thickened, about 25 minutes.

In small bowl, combine gelatin mixture, strawberries and vanilla; beat at high speed until light and frothy. Fold into whipped cream until well blended.

To assemble cake, split each cake layer in half horizontally to form 4 layers. Place 1 cake layer on serving plate. Spread with 1/3 of strawberry filling. Repeat with remaining cake layers and filling, ending with cake layer. Refrigerate until serving time.

Shortly before serving, arrange fresh strawberries over cake. Starting at outside edge, arrange slices, small ends out, in concentric circles over top of cake, overlapping to form a petal design. Place whole strawberry in center. 16 servings.

HIGH ALTITUDE - Above 3500 Feet: Add 3 tablespoons flour to dry cake mix. Bake at 375°F. for 25 to 35 minutes.

NUTRITION INFORMATION PER SERVING

SERVING SIZE:		PERCENT U.S. RDA	
1/16 of recipe		PER SERVING	
CALORIES	350	PROTEIN	6%
PROTEIN	4 g	VITAMIN A	10%
CARBOHYDRATE	35 g	VITAMIN C	25%
FAT	22 g	THIAMINE	6%
SODIUM	300 mg	RIBOFLAVIN	8%
POTASSIUM	150 mg	NIACIN	2%
		CALCIUM	10%
		IRON	6%